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Volleyball Athlete's Anxiety: The Role Of Religiosity And Peer Support

Alfathra Mallaena^{1*}, Hadi Pajarianto², Suaib Nur³

^{1, 2, 3} Universitas Muhammadiyah Palopo, Jl. Jend Sudirman No.Km. 03, Binturu, Palopo City, South Sulawesi 91922, Indonesia

*e-mail: alfathra@student.umpalopo.ac.id, hadipajarianto@umpalopo.ac.id, suaibnur@umpalopo.ac.id

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Abstract

Anxiety is a form of human expression when facing stressful situations, including volleyball athletes. This study aims to (a) identify the relationship between religiosity and Anxiety in volleyball athletes, (b) identify the relationship between peer support with volleyball athlete anxiety, and (c) know the relationship between religiosity and peer support together on the Anxiety of volleyball athletes—this quantitative correlational research involving 110 respondents—data analysis using SPSS Statistics 26. The results showed that religiosity and peer support stated that partially or simultaneously had a positive and significant effect on volleyball athletes' Anxiety when competing. From this research, it can be concluded that volleyball achievement is strongly related to the level of religiosity and peer support of athletes. The contribution of this research is expected to be the attention of athletes and coaches that volleyball matches are not only related to physical training and skills but also must be supported by habituation of religious behaviour that can be applied in the form of prayer, worship, and other instruments to overcome athlete's Anxiety.

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✉ Alamat korespondensi: Jl. Jenderal Sudirman KM. 3 Binturu Kota Palopo

E-mail: hadipajarianto@umpalopo.ac.id

INTRODUCTION

Volleyball is a trendy sport in Indonesia and even throughout the world. For the first time in 1895, William G. Morgan invented the game of volleyball in Holyoke, Massachusetts (Babić, 2018; Sartono et al., 2020). when volleyball is first played, there is no limit to the number of players in the team or the number of times the ball can be played. Morgan then found a less strenuous and dangerous exercise for older people: placing a six-foot and six-inch (1.98m) net between the two teams and instructing them to play with the ball without holding it.

For the first time, volleyball was named "mignonette". This volleyball game is almost the same as the badminton game, where the number of players has no limit but only focuses on the initial goal of improving physical fitness, and health Volleyball is a sport that uses a ball made of rubber or leather. In this volleyball game, each team consists of 6 players whose playing area is separated by a net measuring 2.43 meters high for men and 2.24 meters for women. While the width of the volleyball net is 1 meter, and the length of the volleyball net is 25 meters.(Simanjuntak, 2017; Iskandar & Ramadan, 2019).

When participating in a competition, the mental aspect dramatically influences the athlete's performance. If the mental aspect is disturbed, the athlete will automatically experience Anxiety and stress. Because not all athletes can reduce or eliminate the Anxiety and stress they experience. Competitive

Anxiety is a feeling of worry, Anxiety, and restlessness that perceives competition as something that can be dangerous. Anxiety that appears in athletes is a form of worry and Anxiety that they experience. An athlete will perceive competition as something that can be dangerous, where the athlete will experience a physiological change such as the pulse and blood pressure being changed, the stomach will feel cramped, the breath will become unstable, and the face will turn a little red. (Irwan, 2021).

Religiosity is seen as able to overcome Anxiety in athletes because it relies on the values and norms that they believe in. Religiosity is valued from religious aspects outlined in good and proper behaviour according to religion and its adherents (Utama & Wahyudi, 2016). Religiosity is considered because of a belief in a powerful god by making a religious ritual and then implementing every religious teaching he adheres to daily (Wijayanti & Hartini, 2019). The aspect of religiosity means a vibration of the soul that is human and views religion as a behaviour (Melati et al., 2017). The concept of religiosity is broad and contains orientations, beliefs, and practices (Setyorini, 2014). In literary works, religiosity is the actualization of an author's heart towards problems in the life of a human being (Marwanto, 2020).

Meanwhile, Anxiety is feeling uneasy, confused, tense and worried in certain circumstances. Another essential aspect in dealing with athlete anxiety is peer support. This is because people who have had similar

experiences can relate better and, as a result, can offer more empathy and authentic validation. Athletes who experience excessive Anxiety will cause health problems or deviant behaviour so that their appearance and self-confidence decrease. The emotional aspect is related to Anxiety related to the individual's understanding of the psychological impact, sadness, self-deprecation and concern. Mental health has a more political frame of reference. Meanwhile, several support groups are formed around shared experiences about the disease (Ansari, 2015). Support from the social community is one of the critical factors in supporting an athlete's confidence in achieving their achievements (Sakti & Rozali, 2015).

Several studies have discussed religiosity and peer support regarding athletes' anxiety levels. First, stating that the volleyball game factor, namely to achieve maximum achievement, does not only require aspects of physical ability, technique, and tactics but also does not lose the critical role of psychology or

Anxiety. Everyone will have a different level of Anxiety depending on each athlete (Hendra et al., 2013). Second, it states that Anxiety is a concept of personality or self in a situation to act consistently from time to time or the situation that is happening (Dalva Erzamiya Devani, 2020).). Third, athletes whose anxiety levels are still high due to concerns will occur (Club et al., 2021).

In a competition, the athlete's mental factor plays a vital role in improving the athlete's achievement, so the mental stress that occurs in an athlete needs to be addressed as soon as possible because an athlete who does not have a sense of self-confidence will experience difficulties during competition. There is a mental toughness for athletes' self-defence when facing difficult situations. Mental toughness means providing motivation and positive feelings and controlling and reducing an athlete's Anxiety (Retnoningsasy, 2020; Sakti & Rozali, 2015).

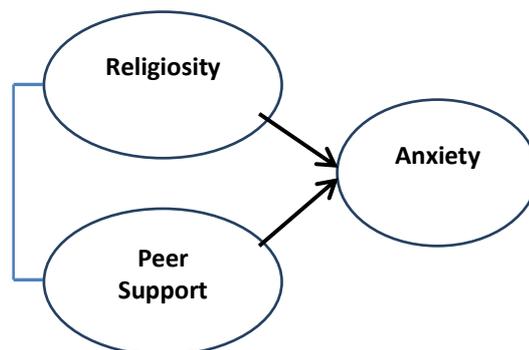


Figure 1. Research Model

Relying on gap research with previous research, this study includes religiosity and peer support to overcome athletes' Anxiety when competing.

METHODS

This study is correlational, using non-probability sampling to collect data because

the number of respondents is huge (Latin et al., 2020; Ramadan & Juniarti, 2020). The respondents we used were identified using random snowball sampling and an estimated 110 respondents. The sample size was taken with consideration of a minimal sample (Hair,

Black, Babin, & Anderson, 2018)) and an error rate of 5%. This research was conducted using a measuring instrument in the form of a statement questionnaire taken from previous research on religiosity, peer support, and Anxiety.

Table 1. Indicators of Measurement Construction

Construct	Definition	Item	Indicator	Scale
<i>Peer Support</i> (Alaei & Hosseinnzhad, 2021)	assistance in the form of empathy, appreciation, attention, and care from peers	<i>Informational</i>	<i>PSt1</i>	<i>Likert</i>
		<i>Emotional</i>	<i>PSt2</i>	<i>Likert</i>
		<i>Instrumental</i>	<i>PSt3</i>	<i>Likert</i>
<i>Religiosity</i> (Glock & Stark, 1970)	one's belief in God is characterized by piety and religious zeal.	<i>Ritual</i>	<i>RG1</i>	<i>Likert</i>
		<i>Intellectual</i>	<i>RG2</i>	<i>Likert</i>
		<i>Consequence/Social</i>	<i>RG3</i>	<i>Likert</i>
<i>Kecemasan</i> (Martens, 1977)	assistance in the form of empathy, appreciation, attention, and care from peers	<i>Competition</i>	<i>KC1</i>	<i>Likert</i>
		<i>Team Sport</i>	<i>KC2</i>	<i>Likert</i>
		<i>Worry</i>	<i>KC3</i>	<i>Likert</i>

The procedures used in data collection in this study are as follows; first, the development of instruments from previous research involving experts in the field of measurement to ensure clarity of content and validity of the contents of the questionnaire; Second, conducting a pre-questionnaire test involving 50 respondents. An important aspect that is observed is the possibility of measurement errors in survey methods, such as response bias and social desirability bias)

with the hope of improving the survey quality (Speklé & Widener, 2018; Latin et al., 2020).

Third, distributing questionnaires through google forms is followed up by sending helpful notifications to ensure that respondents have received the questionnaires. It is meant to reach respondents at a low cost and in a brief timeframe (Dillman, Smyth, & Christian, 2014; Latin et al., 2020; Chang et al., 2021). The researcher guarantees the confidentiality of the information presented by the respondents, only from certain data groups

that will be presented and reported as the result of the research. The data collection was carried out during the period October-November 2022. Then after the data obtained already existed, the researchers conducted data analysis using a proper descriptive method.

FINDINGS AND DISCUSSION

Findings

From the data processing carried out using SPSS 26, a summary of the data can be presented.

Table 1. Results of data processing

Variable	B	T ₀	R	P	Description
X1-Y	39.413	13.663	.320 ^a	.000	Sig.
X2-Y	9.914	3.380	.547 ^a	.001	Sig.
X1, X2-Y	20.670	7.721	.565	.000	Sig.

Based on the X1-Y Variable, it can be seen that from the results of the regression calculation, the value = 39.413 with the value of t count (T₀) = 13,663, R-value = .320^a, and P (probability) .000 ($\alpha < 0.05$). The contribution of religiosity to athletes' Anxiety is 0.32, with a significance level of 0.000. Thus, religiosity has a relationship with the level of Anxiety of athletes when competing in volleyball. Furthermore, in the X2-Y Variable above, it can be seen that from the results of the regression calculation, the value = 9.914 with the value of t count (T₀) = 3.380, R-value = 0.547^a, and P (probability). 001 ($\alpha < 0.05$). Peer Support contributed 0.54% to the level of Anxiety in volleyball athletes when competing. Then on the variables X1, X2-Y above, it can be seen that from the results of the regression calculations obtained a value of = 20,670 with a value of t count (T₀) = 7721, R-square = .565^a and P (Probability) .000 ($\alpha < 0.05$). So it can be concluded that religiosity and peer support have a relationship with the athlete's anxiety level when competing in volleyball by 0.56 per cent, and the rest is determined by other

variables that are not the model in this study.

Discussion

This research is non-experimental, so data is only obtained through questionnaires and observations before and during volleyball matches. In many theories, religiosity and peer support are related to athletes' anxiety levels in various sports. Questionnaires are given randomly during normal conditions or even when athletes are about to participate in a competition. The researcher will share the statement link via google form one hour before the competition starts. When filling out the statement questionnaire, the researchers also paid attention to the athletes, namely by looking at the facial expressions that occurred to the athletes themselves with the characteristics of feeling restless, anxious, sweating and tired.

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Not only in volleyball but religiosity in other research also correlates with the anxiety level of Taekwondo athletes. Religiosity can reduce high levels of Anxiety when competing (Wijayanti & Hartini, 2019). Religiosity means involving God in its attainment, in other words believing that there is a power that does not come from within itself, but rather that power comes from the God who owns the universe and believes that everything that will happen before and then everything has been determined by God. So athletes who involve religiosity themselves will experience a decrease in their level of Anxiety when playing volleyball matches, and athletes who involve religiosity in their matches will feel calm and always strive for the abilities and skills they have acquired during their training.

All forms of support for someone significantly contribute to their development (Pajariato, 2020). Likewise with peers, who must be introduced early to recognize and find peers who can provide positive support for themselves. Teenagers always separate themselves from their parents and look for

group friends to ensure that individuals behave according to group norms. This is where the peer support process will determine whether it leads to something positive or negative (Agustiningtyas & Surjanti, 2021; Sartika & Yandri, 2019). In volleyball matches, peer support is critical in fostering cooperation and confidence when competing.

Peer support in other studies also has a significant relationship between support and Anxiety, so it is necessary to know that the more support from peers, the lower the level of Anxiety, and vice versa. Suppose the support from peers is lower, the higher level of Anxiety experienced by club athletes. volleyball (Sakti & Rozali, 2015). Peers or equal friends are like the first social environment, where teenagers learn to live together and respect others, not from their social environment. Equal peer support will improve the athletes' performance because they will feel confident in their abilities. So the increased self-confidence of athletes will make the level of Anxiety they feel will slowly decrease.

Religiosity and peer support on anxiety levels in other studies also state that there is an influence of family support and religiosity on the Anxiety of cancer patients in Banda Aceh (Suyama et al., 2019). Volleyball is a sport that is in great demand by the public so that at the time of competition, many supporters and spectators come to watch the match and support the volleyball team or club they like. It can make athletes feel anxious because athletes are afraid of making mistakes in the game (Ramadan, 2017). When competing. In

addition to the relationship with God (Religiosity), which will reduce the athlete's anxiety level. Peer support also decreases the level of Anxiety of athletes, so if the two are combined during a match, it will significantly influence the level of Anxiety that athletes will experience during volleyball competitions.

The results of this study correlated with previous research that religiosity and peer support have a relationship and even a strong influence on resilience, Anxiety, and even competence (Apriyeni & Patricia, 2022; Madonna & Mardiyah, 2021; Oktavia & Muhopilah, 2021; Sun, 2021). This can be taken as a concern by athletes and coaches to strengthen religiosity and team cohesiveness as a form of peer support. Religion, especially in Indonesia, is a vital concern and is associated with non-physical powers that can motivate the spirit to move forward and win matches. In addition, peer support is also very influential because a teenager will spend more time with his friends than with his teacher.

CONCLUSION

From the previous description, it can be concluded that religiosity, which is defined as the meaning of religion and belief and implemented in life, including volleyball matches, has a significant influence on the level of Anxiety of volleyball athletes during matches. Likewise, peer support has a significant effect on athletes' anxiety levels. When combined, religiosity and peer support significantly minimize volleyball athletes' Anxiety during matches.

The contribution of this research is expected to be the attention of athletes and coaches that volleyball matches are not only related to physical training and skills but also must be supported by the habit of religious behaviour that can be applied in the form of prayer, worship, and so on. so athletes feel calm. Likewise, team cohesiveness in the form of peer support must continue to foster a positive culture of mutual support among teenagers who become volleyball athletes.

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