

SELF-CONFIDENCE ANALYSIS STUDY ON MEN'S FUTSAL EXTRACURRICULAR ACTIVITIES AT SMA NEGERI 1 TERISI

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ABSTRACT

The purpose of this study was to determine how big the level of self-confidence in futsal extracurricular students at SMA Negeri 1 Terisi. The subjects of this study were all members of the men's futsal extracurricular at SMA Negeri 1 Terisi, totaling 28 respondents. In this study, the data analysis technique used was descriptive quantitative. The method used in this study is a survey, while the data collection technique on the respondents is using a questionnaire, the questionnaire in this study uses a Likert scale. The results of the study found out how big the level of self-confidence of students who were registered in futsal extracurricular activities at SMA Negeri 1 Terisi was in the "very good" category with a percentage of 7.14% in the "good" category with a percentage of 25%, in the "good enough" category. with a percentage of 35.71% in the "poor category" with a percentage of 28.75% while in the last category "very poor" with a percentage of 3.57%

Keywords: *Self Confidence, Futsal, Ekstrakurikuler*

Introduction

Physical education is an inseparable part of national education which aims to develop the abilities of students through physical activities (Paramitha & Anggara, 2018: 42). So that physical education must be taught to every student at all levels of education.

Physical education is also a way to maintain and develop physical fitness in order to stay in good condition and become a place to channel interests and talents through extracurricular activities in the school environment. There are many types of extracurriculars in education that are very popular both individually and in groups.

According to Justin Lhaksana Futsal game is a group or team game that requires players to play with high determination and play with a very fast ball circulation, attack or defense must be fast with the right timing position. So a player must also have good mental, physical and tactical playing. As well as players also need to master good basic technical skills such as passing, control, dribbling, and shooting to support a good game (in Sugiarto et al., 2020)

Futsal in Indonesia is growing rapidly, it can be seen from every age, there are lots of competitions at both level and level. In general, students, as well as high school students to the Indonesian professional league itself until now there are a lot of fans (Sutiana et al., 2020)

Basic techniques are very important that players must have in futsal games to support players' performance on the field when they are competed. However, the mental factor of self-confidence is also much more important to support good basic techniques so that they can produce a good game and also have an effect on the course of the match. In recent years, futsal has developed very rapidly, especially in Indonesia, Futsal. From early childhood, adults to

women who play futsal both in the city and in rural areas, all of them play futsal. Futsal itself was popularized in Montevideo, Uruguay in 1930, by Juan Carlos Ceriani. Futsal itself entered Indonesia in 2002 after Indonesia was appointed by the Asian Football Federation (AFF) to host the "Futsal Asian Championship" tournament. (Murti, 2020)

According to the Regulation of the Minister of Education and Culture (Permendikbud) Number: 81/A/2013, extracurricular activities are educational activities carried out by students outside the standard curriculum learning hours, as an extension of curriculum activities and carried out under school guidance. With the aim of developing the personality, talents, interests, and abilities of students who are broader or beyond the interests developed by the curriculum. (Hanafi & Christina Yuli Hartati, 2015)

Sport extracurricular activities at school are one of the coaching efforts carried out in the school environment to develop student skills which will be improved by special forms of training according to the sports that are in extracurricular at school and are of interest to the students themselves, Extracurricular is also a place for students to channel their interests and talents outside of academic lessons at school. With the aim of developing the personality, talents, interests, and abilities of students who are broader or beyond the interests developed by the curriculum (Hanafi & Christina Yuli Hartati, 2015).

Self-confidence is a personality point of view that is very important for a player. Confidence is an aspect that is very valuable for oneself as well as an important thing that everyone should have. Satiadama (2000) states that a player has a good feeling of self-confidence, believes in himself that he can show his sports abilities as desired. According to Bostanci (2019), a psychological component that affects the performance of high-level players is self-confidence. Improves perceived ability for emotion management and provides the possibility for players to control negative emotions more effectively. Self-confidence as one of the most important variables related to sports performance

According to Lauster (2004:4) (in Universitas & Semarang, 2019) states that self-confidence describes an attitude or feeling about one's own abilities so that the person concerned is not too anxious in actions, feel free to make things happen according to their wishes and are responsible, warm and polite in interacting with others, and can understand their strengths and weaknesses. Lauser also describes that people who have self-confidence have characteristics that are not selfish, do not need the support of others, are optimistic and happy.

The explanation above can be related to the problems that exist at SMA Negeri 1 Terisi, namely that it is found that there are still many futsal extracurricular participants who have not been able to bring out their best potential because they are still hesitant to bring out their abilities, when practicing or competing they tend to feel inferior and not confident after seeing their opponent. , which is caused by several factors, one of which is not being optimistic about the ability to show his own skills. The level of confidence that players must have, namely maximum self-confidence, this provides an important relationship to achieving maximum performance. Therefore it takes a sense of confidence to be able to bring out the ability, because confidence is one of the important mental techniques or skills possessed by players. Self-confidence is part of the attitude towards one's own abilities, so that in their actions they are not too anxious, feel free to do things according to their wishes and are responsible for the actions they have done, are polite in interacting with others, have an achievement boost and can identify their strengths and weaknesses. Therefore, the researcher aims to find out how big the Self Confidence level of male Futsal extracurricular students at SMA Negeri 1 Terisi is.

Method

This research is a quantitative descriptive approach because this research is a research that wants to know how much confidence students or players have through numerical numbers and data management using descriptive statistical analysis so that it can be said to be in the good or, moderate or less category, to come to a conclusion. research results, this research includes descriptive research. Descriptive research is research that is appointed to find out the truth or facts, the existing conditions in the field that are happening now. (while research is in progress) and present the results as they are. (Arikunto, 2014:03). This study uses a quantitative approach because the researcher uses a quantitative approach because the researcher analyzes the data and distributes questionnaires. This research also uses a questionnaire to collect data with a Likert scale. The results of the data acquisition are then managed and analyzed using descriptive statistics which are explained through categorization and percentages.

The population in this study were male futsal extracurricular students at SMA N 1 Terisi with 28 students. To take the sample using total sampling because the population is less than 100. This the sample used is 28 male futsal extracurricular students of SMA Negeri 1 Terisi.

Discussion

According to Justinus Lhaksana in "Futsal is a team sport, high collectivity will raise achievements, the important thing is the goals scored". Winning and losing happens in all sports, but if you die, you die with honor. There are no meritorious players in a team, there is a good team that will make a player a star. Futsal should be played with fun. If we play from the heart without a burden and enjoy this game, achievements will come faster than we are full of the burden of doing their jobs in the field. This is very important for a coach to be able to lift the morale of players (in Murti, 2020).

Justin Lhaksana said futsal should be played with fun and enjoy. If we play from the heart without a burden and enjoy this game, achievements will come sooner than we are full of the burden of doing their jobs on the field. This is very important for the coach to be able to lift the morale of the players. Futsal is similar to a football game, only that the difference is the size of the field, the size of the ball and the rules in the game. The rest of the futsal game is almost similar in terms of playing it still using the feet with basic techniques of passing, controlling, shooting, dribbling (in Murti, 2020)

. The opinion above can be concluded that the futsal game is a very dynamic game and must have high determination because in the futsal game the flow of the ball is very fast plus the field size is very small compared to the football game, in the futsal game it is also more important to control the ball besides being able to score. goal to achieve the goal that is victory. In the game of futsal, it is not fixed on one player, all of them have the same role and cannot rely on each other because this futsal game is a group or team game.

The biggest contribution in playing futsal is the mental aspect, namely the level of student confidence, no matter how good the preparation of the physical condition and technical skills mastered by the players will be lost in the field if the psychological aspect, namely confidence in competing, is not owned by every player. Confidence is the thing that has the greatest contribution in achieving achievements in the field of sports, especially in the futsal game. Players who have good self-confidence during training will not necessarily be good at the actual match. This is because the atmosphere of the match is much different during practice. Several factors that usually affect the level of student confidence in competing are players who

feel doubt about their physical condition, screams from the audience and fear of the ability of opponents who have quality. Players who have a realistic level of confidence will be confident in the game better than players who have a low level of confidence (underconfident) or even have a high level of confidence. Realistic confidence levels make a very big contribution in participating in competitions so that student achievement can be achieved with the confidence they have. (Arham, 2019)

According to Lauster (2004:.4) (in Universitas & Semarang, 2019) states that self-confidence describes an attitude or feeling about one's own abilities, then the person concerned is not too anxious in action, feels free to realize things. things that are according to his wishes and are responsible, warm and polite in interacting with others, and can understand their strengths and weaknesses. Lauser also describes that people who have self-confidence have characteristics that are not selfish, do not need the support of others, are optimistic and happy. The indicators of self-confidence are: a). objective. b). responsible, c) self-confidence, d). optimistic, e). rational.

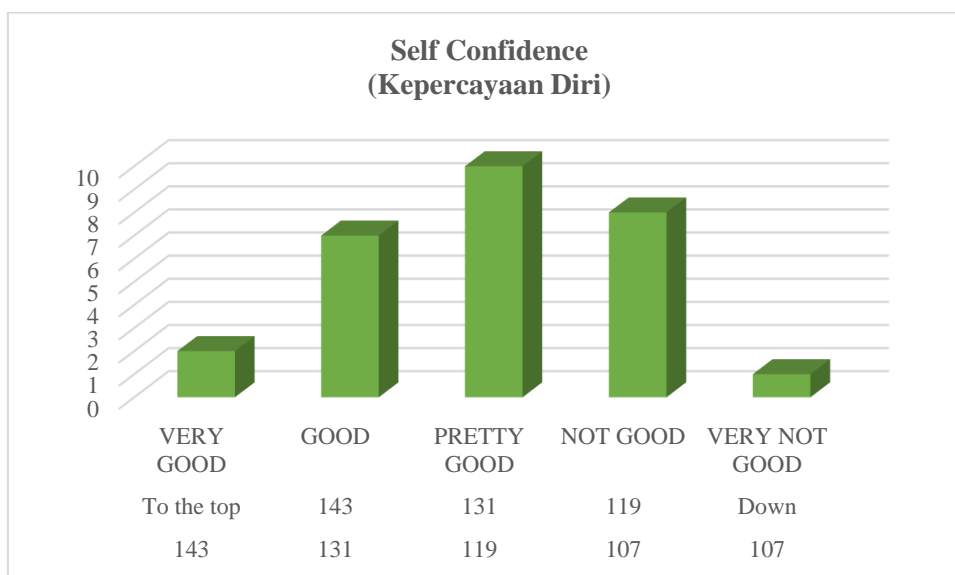
Based on the implementation and results of this research, it was carried out during futsal training activities at school by using a questionnaire in the form of a goggle.form which consisted of 38 statements with a score of 1-4 so that the ideal score range was 38-112. After obtaining the score and analyzing it with the help of the SPSS 26 application, the average (mean) = 124.71 ; standard deviation = 11.70 ; maximum value = 112 ; minimum value = 28.

Table 1. Overall Results of Confidence in Futsal Games for Men's Extracurricular Participants at SMAN 1 Terisi

INTERVAL		CATEGORY	FREQUENCY	%
143	The the top	VERY GOOD	2	7,14
131	143	GOOD	7	25,00
119	131	PRETTY GOOD	10	35,71
107	119	NOT GOOD	8	28,57
107	down	NOT VERY GOOD	1	3,57
AMOUNT			28	100

When displayed in the form of a diagram, it can be seen in the image below

. Diagram 1. Overall Results of Self Confidence in Futsal Games for Men's Extracurricular SMAN 1 Terisi



From the results of this study, it is known that the level of *Self Confidence* of students in Futsal Extracurricular activities at SMAN 1 Terisi is stated in the "Very Good" category with a percentage of 7.14%, in the "Good" category with a percentage of 25%, in the "Quite Good" category with the percentage is 35.71%, in the "Not Good" category with a percentage of 28.57%, while in the "Very Poor" category with a percentage of 3.57%

In this study *Self Confidence* in men's futsal extracurricular activities at SMAN 1 Terisi is assessed based on indicators which has been specified. The results of the research for each indicator are as follows:

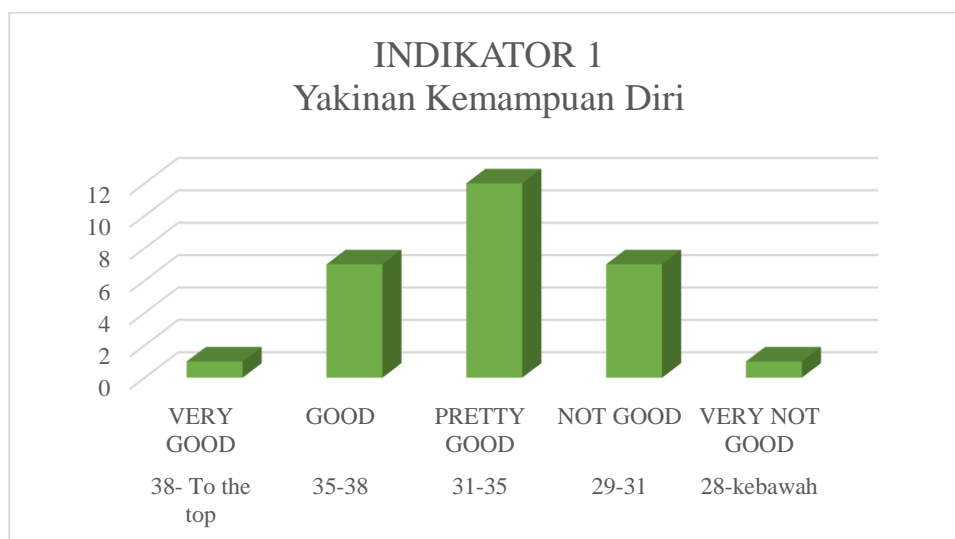
Confidence in one's own abilities is part of the self-confidence indicator measured by a questionnaire totaling 10 statements with a score of 1-4, with an ideal score range of 10-40 so that they are obtained, scored and analyzed using *Microsoft software Excel 2013* obtained the maximum value = 27 ; maximum value = 40 ; mean (mean) = 33 ; standard deviation = 3.15. The results of the confidence indicator in self-ability, one of the indicators of *self-confidence* , are described in five categories, the results of which can be seen in the table below:

Table 2. Research Results on Self-efficacy in Futsal Games in Men's Extracurricular SMAN 1 Terisi

INTERVAL	CATEGORY	FREQUENCY	%
38 – To the top	VERY GOOD	1	3,6
35-38	GOOD	7	25,0
31-35	PRETTY GOOD	12	42,9
29-31	NOT GOOD	7	25,0
28- Down	NOT VERY GOOD	1	3,6
AMOUNT		28	100,0

If it is displayed in a diagram, it can be seen in the image below:

Diagram 2. Objectives of Student Research Results in Futsal Games in Extracurricular at SMAN 1 Terisi



From the results of the research above, it is known that *self-confidence* in the extracurricular futsal game at SMAN 1 Terisi with the confidence indicator in self-ability expressed by describing the "Very Good" category with a percentage of 3.6% in the "Good" category with a percentage of 25.0%, in the "Good" category. Fairly Good" with a percentage of 42.9%, in the "Not Good" category with a percentage of 25.0% while in the "Very Poor" category with a percentage of 3.6%.

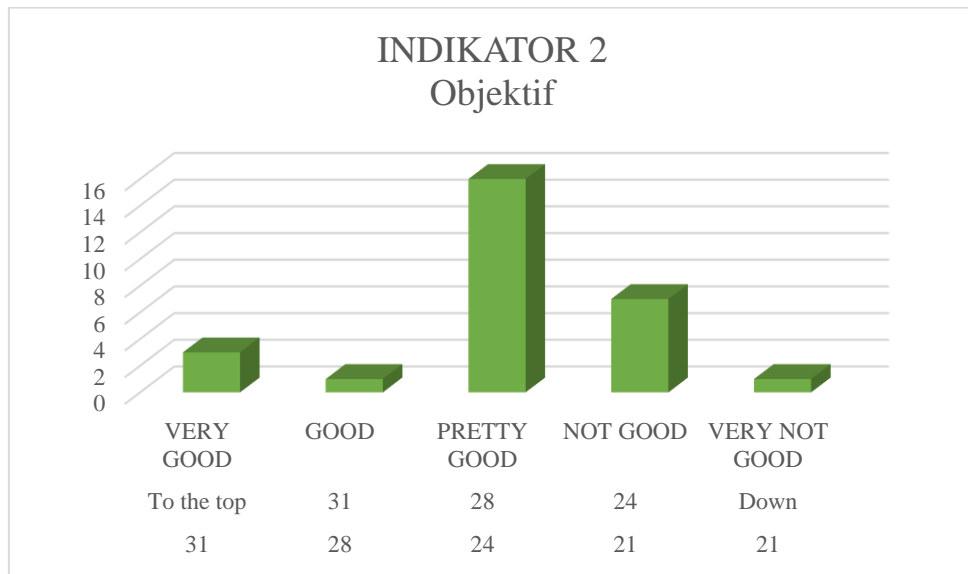
The objective is part of one of the indicators of *self-confidence* measured by a questionnaire consisting of 8 statements with a score of 1-4, so that a range of 8-32 is obtained. After obtaining a score, and analyzing it with the help of *Microsoft Excel 2013 software*, the maximum value = 17; maximum value = 32 ; average (mean) = 26 ; standard deviation = 3.11. So the results of the objective research on *self-confidence* are described in five categories, the results of which can be seen in the table below:

Table 3. The results of the student's objective research in Futsal Games in Extracurricular at SMAN 1 Terisi

INTERVAL		CATEGORY	FREQUENCY	%
31	To the top	VERY GOOD	3	10,7
28	31	GOOD	1	3,6
24	28	PRETTY GOOD	16	57,1
21	24	NOT GOOD	7	25,0
21	Down	NOT VERY GOOD	1	3,6
AMOUNT			28	100,0

When displayed in the diagram, it can be seen in the image below:

Diagram 3 Objectives of Student Research Results in Futsal Games in Extracurricular at SMAN 1 Terisi



From the results of this study, it is known that *self-confidence* in the extracurricular futsal game at SMAN 1 Terisi with the Objective indicators stated by outlining the "Very Good" category with a percentage of 10.7%, in the "Good" category with a percentage of 3.6%, in the "Good Enough" category. " with a percentage of 57.1%, in the "Not Good" category with a percentage of 25.0%, in the "Very Poor" category with a percentage of 3.6%.

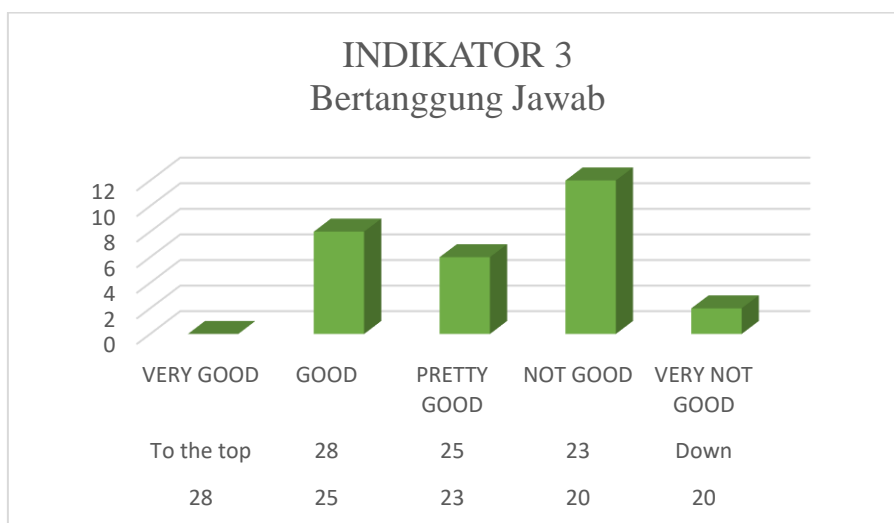
Being responsible is one of the indicators of *self-confidence* measured by a questionnaire consisting of 7 statements with a score of 1-4, so that an ideal score range of 7-28 is obtained. After the data was obtained, scored, and analyzed with the help of *Microsoft Excel 2013 software*, the minimum score = 16; maximum value = 28 ; mean (mean) = 24 ; standard deviation = 2.9. Responsible research results are described in five categories, the results of which can be seen below:

Table 4. Results of Responsible Research Students in Extracurricular Futsal Games at SMAN 1 Terisi

INTERVAL		CATEGORY	FREQUENCY	%
28	To the top	VERY GOOD	0	0
25	28	GOOD	8	28,57
23	25	PRETTY GOOD	6	21,43
20	23	NOT GOOD	12	42,86
20	Down	VERY NOT GOOD	2	7,14
AMOUNT			28	100

When displayed in a diagram, it can be seen in the image below:

Diagram 4. Responsible Research Results in Futsal Extracurricular SMAN 1 Terisi



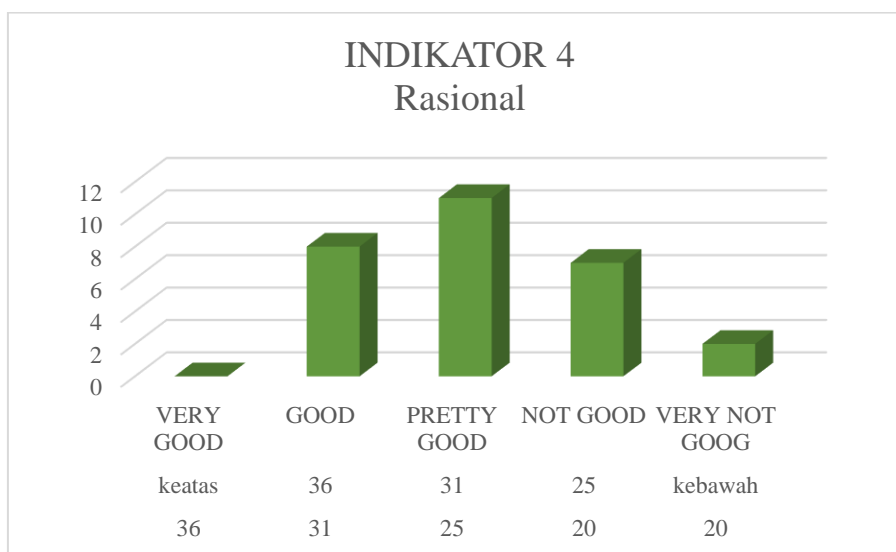
From the results of this study, it is known that *self-confidence* in the SMAN 1 extracurricular futsal game is terisi with the Responsible indicator stated by describing the "Very Good" category with a percentage of 0%, in the "Good" category with a percentage of 28.57%, in the "Good Enough" category. with a percentage of 21.43%, in the "Not Good" category with a percentage of 42.86%, in the "Very Poor" category with a percentage of 7.14%.

Table 5 Research Results of Rational Students in Futsal Game Extracurricular SMAN 1 Terisi

INTERVAL		CATEGORY	FREQUENCY	%
36	To the top	VERY GOOD	0	0
31	36	GOOD	8	28,57
25	31	PRETTY GOOD	11	39,29
20	25	NOT GOOD	7	25,00
20	Down	NOT VERY GOOD	2	7,14
AMOUNT			28	100

When displayed in the diagram, it can be seen in the image below:

Diagram 5. Results of Student Rational Research in Futsal Game Extracurricular SMAN 1 Terisi



From the results of the study, it was known that the Self Confidence of students in the extracurricular futsal game of SMAN 1 Terisi in the Rational indicator was stated to describe the "Very Good" category with a percentage of 0%, in the "Good" category with a percentage of 28.57%, in the "Good Enough" category with a percentage of 28.57%. the percentage is 39.29, in the "Not Good" category with a percentage of 25.00%, while in the "Very Poor" category with a percentage of 7.14%.

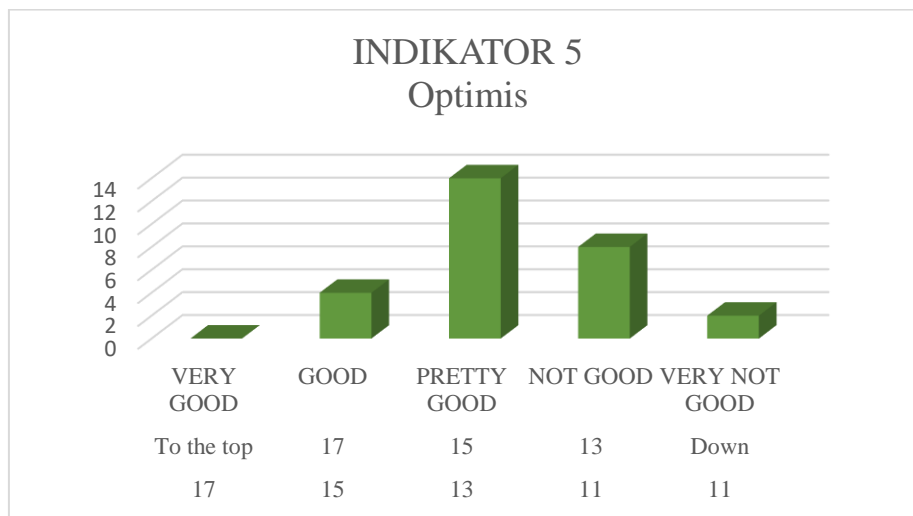
Optimism is one indicator of Self Confidence measured by a questionnaire consisting of 4 statements with a score of 1-4, so that the ideal score range is 4-16, after the data is obtained, it is scored, it is analyzed with the help of *Microsoft Excel 2013*. Obtained the minimum value = 10 ; maximum value = 16 ; mean (mean) = 14 ; standard deviation = 1.69. The results of this optimistic research are described in five categories, the results of which can be seen below:

Table 6. Optimistic Research Results of Students in Futsal Game Extracurricular SMAN 1 Terisi

INTERVAL		CATEGORY	FREQUENCY	%
17	To the top	VERY GOOD	0	0,00
15	17	GOOD	4	14,29
13	15	PRETTY GOOD	14	50,00
11	13	NOT GOOD	8	28,57
11	Down	NOT VERY GOOD	2	7,14
AMOUNT			28	100

If it is displayed in the diagram, it can be seen below:

Diagram 6. Optimistic Research Results of Students in Extracurricular Game Futsal SMAN 1 Terisi



From the results of this study, it is known that *Self Confidence* in the extracurricular futsal game at SMAN Terisi with optimistic indicators is stated by describing the "Very Good" category with a percentage of 0%, in the "Good" category with a percentage of 14.29%, in the "Good enough" category with a percentage 50.00%, in the "Not Good" category with a percentage of 28.57%, while in the "Very Poor" category with a percentage of 7.14%.

Conclusion

Based on the research entitled "self-confidence analysis study on men's futsal extracurricular activities at SMA Negeri 1 Terisi" it can be concluded that the self-confidence possessed by male futsal extracurricular participants is categorized as "good enough" with a percentage of 35.71%.

Based on the results of the research, the suggestions that can be described are as follows: first, for schools it is better to facilitate all extracurricular activities to support the process of developing students themselves and increase enthusiasm for practicing, especially for the futsal team of SMA Negeri 1 Terisi. Second, for coaches to provide motivational encouragement and self-confidence to players so that they can practice and compete with confidence. Third, for male futsal extracurricular students, it is hoped that this research will be able to maintain a sense of self-confidence so that they can compete with other schools without feeling inferior.

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