

# The Effect of Anxiety Therapy and Self-Confidence Therapy on the Shot Accuracy in Football Game

Irfan<sup>1,\*</sup> Ihsan Abbas<sup>1</sup>

<sup>1</sup>*Faculty of Sports Science, Universitas Negeri Makassar, Makassar, Indonesia*

<sup>\*</sup>*Corresponding author. Email: [irfanfirja@yahoo.com](mailto:irfanfirja@yahoo.com)*

## ABSTRACT

This study aims to find out the effect between anxiety therapy and self-confidence therapy on the shot accuracy in football games. This study applied an experimental design involving thirty students of one of the Soccer Clubs in Gowa regency, South Sulawesi, Indonesia. Data were collected by conducting tests and measurements. Data were analysed using inferential statistics t-test. This research found three issues. Firstly, there is an effect of anxiety therapy on the shot accuracy in football games. Secondly, there is an effect of self-confidence therapy on the shot accuracy in a football game. Thirdly, there is a better effect of self-confidence therapy than anxiety therapy on the shot accuracy in football games.

**Keywords:** *Therapy, anxiety, confidence, shot accuracy*

## 1. INTRODUCTION

Improving sports achievements is a phenomenon that has always been a challenge, and it is not an inexhaustible to be a problem of all time. In line with the development of science and technology [1], [2], the efforts made in essence must be based on study and science. Science is an effort that is obtained on a scientific method and procedure to find out steps systematically. Law of the Republic of Indonesia, Number 20 of 2003 concerning National Education System, article 37, paragraph 1, says primary and secondary education curriculum must contain religious education, civic education, language, mathematics, natural sciences, social sciences, arts and culture, physical education and sports, skills/vocational and local content [3].

The development of achievement in sports like soccer continues to be promoted by the government through the acculturation of sports. The government established soccer schools in various regions. Besides, it can also be seen from soccer tournaments at an early age that continues to roll. Sports activities have the ultimate goal of achievement. To improve the performance in sports at an early age [4], [5], especially in the soccer club, it is very necessary to develop efforts that are progressive and sustainable.

To be able to score as many goals as possible, the kicking technique must be qualified in the right direction [6] so that goals can be created. Kicking the ball towards

the goal net is a basic technique that must be possessed by all soccer players ranging from the goalkeeper to the attacking players (strikers). Kicking the ball towards the goal net to create a goal must be adequately and correctly controlled to increase the chances of scoring goals against the opponent so that the aim of the sport to win can be achieved.

The technique of kicking a ball is a technique of touching or pushing a ball, which is the dominant factor in the game of soccer [7]–[9]. The main purpose of kicking the ball is to pass and shot towards the goal. The basic technique of kicking the ball can be done in several ways, such as kicking the ball with the inside foot, a technique using the outside foot, and kicking technique that uses the back of the foot.

The technique of kicking the ball toward the goal in a soccer game in its application is not just knowing how to kick the ball but must also be supported by mental factors in doing so [10]. Psychological factors that must have mental maturity so that in any situation the player does not experience mental disorders which the case of this study are anxiety (fear) and confidence [11], [12].

Based on the results of observations made by researchers and the level of penalty success conducted by soccer club students in each tournament in the last three years that there were major obstacles to penalty execution by players or students. The cause is the level of anxiety which always experienced by soccer club students when

taking penalty kicks, as well as the low confidence of the players. This is the main problem in the achievement of soccer club students. By considering the importance of kicking the ball in soccer games, researchers conduct a research to apply psychological therapy to overcome this problem.

In order not to cause misunderstanding and widespread discussion in this study, the problem needs to be specifically limited and formulated in the form of short and clear questions. Based on the background of the problems stated above, this study aims to find out the difference between the effect of anxiety and self-confidence therapy on the accuracy of kicking the ball into the goal.

A soccer game is played by two teams; each team consists of eleven people in the shape of the rectangular field with one ball [13]. In the actual regulations, the soccer standard field is 100-110 meters and width 64-75 meters. In a good soccer game; it is necessary to master the basic techniques in the game [15]. Soccer techniques are all movements with or without the ball needed to develop maximum achievement with minimum energy. The technique in the game of soccer is all movements with or without balls that are useful in the game [16].

Thus, soccer is a sport that is played by two free teams in a rectangular field. Soccer captures teamwork and skill movements using all parts of the body except the hand which can only be done by the goalkeeper [17]. Both of these freedom to attack each other to achieve the goal of football that is to score as many goals as possible and maintain their respective goalposts, so they are not conceded.

The ability to kick a ball in an attempt is to move the ball from one place to another by using the foot or part of the foot [18], [19]. Players who have proper kicking techniques will be able to play effectively and efficiently. Kicking the ball can be done when the ball is at rest, moving (rolling), or when the ball is flying. Since shooting is an important factor in determining a victory in a football match, this research aims to develop student skills in the accuracy of kicking toward the goal. Regarding the motion of kicking a ball in a football game, it consists of several parts that are arranged systematically and carried out continuously. These movements include the start, kicking attitude, and the final process in the form of kick results or the direction of the ball [20]. This research focuses on the accuracy of the kick to the goal with the aim of scoring goals.

Psychology is a science discipline studying human behavior in certain circumstances [21]. For example, humans in a state of panic are studied by mass psychology [22]. Humans in the production process in companies or factories are studied by industrial psychology [22]. Anxiety is a specific type of disorder. In humans, anxiety can be in the form of anxious feelings

that are subjective in some behaviors such as appearing worried, and restless. Or, it can be defined as physiological responses that originate in the brain and are reflected in the form of an increased heart rate and tense muscles. Anxiety also has the definition of an emotion that is implicated in all aspects of psychopathology, which is very broad. The anxiety as a symptom of psychological disorders [23] can be eliminated or can be reduced by doing exercises and adding experience as one of learning and training to show better performance.

Confidence in sports is the confidence that is applied in sports situations. Someone who has the confidence of the sports means that he believes that he can meet the demands of physical abilities and motor skills according to the tasks required in the sports. One of the main capital and absolute requirements to achieve a glorious sporting achievement is having confidence (self-confidence). Self-confidence means a sense of confidence in the ability to achieve certain achievements [24], [25]. Over-evidence or excessive confidence can result in less clamming for someone because of concomitance with his body appears pretense, and the mind is underestimating the opponent. On the other hand, overconfidence can cause a student/athlete to experience frustration if her/his opponent defeats her/him [26]. Based on the descriptions that have been found above, it can be concluded that self-confidence is a person's conviction to be able to do and complete specific tasks and succeed. Students' beliefs arise due to awareness of their abilities, ability to set goals or goals realistically well, and their ability to determine plans of action to achieve predetermined goals.

## **2. METHOD**

### **2.1. Research Setting**

This research is an experimental design by providing psychological therapy to soccer club students. The psychological factor determines the success of soccer players [27], [28]. The variables of this research consisted of two independent variables, namely anxiety therapy and self-confidence therapy, and one dependent variable, namely the accuracy of kicking the ball. The population in this research was fifty-two students of one of the soccer clubs in Gowa regency, South Sulawesi, Indonesia. Thirty students participated in the study consist of age 15, 14, and 13 years. Research data collection using standardized tests using the accuracy test of kicking a ball. The descriptive statistics and inferential by t-test were used to analyze the data in this study [29]. Those were used to obtain a more precise and more directed description of the research on the variables to be examined.

## 2.2. Operational Definition

**The shot accuracy.** The shot accuracy is an attempt to move the ball efficiently and effectively towards the goal using the inside legs [30]. The measurements are taken by kicking towards the goal that has been given a number.

**Anxiety therapy.** Anxiety therapy is an attempt to recover emotional responses to judgments that describe a state of worry, anxiety, fear, unrest with various physical complaints [31] when kicking in soccer [32].

**Confidence therapy.** Confidence therapy is an attempt to restore a strong belief in the strength, ability, or capacity of a person when making kicks in soccer [33].

## 3. RESULTS AND DISCUSSION

Three hypotheses will be proposed in this research. The third hypothesis must be tested for truth through empirical data. After testing using the regression test (parametric statistics), the following results are obtained.

### 3.1. Effect of Anxiety Therapy on the Shot Accuracy in a Soccer Game

According to the results of the t-test, the accuracy of kicking the ball into the goal in a soccer game obtained an observation value of 5.982. This test showed a significant value of 0.000, which is less than  $\alpha$  0.05. This research indicates that there is a significant effect after the treatment of anxiety therapy. The increased accuracy was indicated by kicking the ball into the goal in football games is evidenced by the average value before and after treatment obtained about 9.67 and 14.07 score, respectively. Thus, the results of this research indicate an increase in the average value of 4.4 scores after treatment with anxiety therapy which is considered to be significant. Thus, this research support Elaziz' research on psychological rehabilitation program on anxiety for soccer players [34].

### 3.2. The effect of confident therapy on the shot accuracy in a football game

Following are the results of the t-test data in both pre-test (initial test) and post-test (final test) of the soccer club confident therapy group. The score obtained in the observation was 4.781 with a significant value of 0.000 less than  $\alpha$  value of 0.05. The significant value, smaller than  $\alpha$  0.05 indicates a significant influence after the treatment of the confident therapy group. To prove the increased accuracy of kicking the ball into the goal in a soccer game, it showed that the average value before and after treatment, each obtained 9.80 and 15.13. Thus, the results indicate an increase in the average value of 5.33 scores after treatment with soccer club confidence therapy. Thus, this research also supports Elaziz'

research on psychological therapy program on confidence for soccer players [34].

### 3.3. Differences in the Effect of Anxiety Therapy and Confidence Therapy on the shot Accuracy in a Football Game

The results of the posttest analysis (final test) of the anxiety therapy and confidence therapy groups were 1.086 with a significant value of 0.007 smaller than the value of  $\alpha = 0.05$ . This research indicates the significant effect between anxiety therapy and confidence therapy groups. Meanwhile, to prove the differences in the therapeutic groups in the soccer game in the soccer club, it is shown by the average value in each group. For the anxiety therapy group an average value of 14.07 was obtained and the confident therapy group obtained an average value of 15.13. Thus, these results indicate the differences in the average value, where the confident therapy group has the largest average value of 15.13 compared to the anxiety therapy group of 14.07. Hence, it can be argued that the confident therapy group is better when compared to the anxiety therapy group.

The data analysis results showed a significant influence. The results of the influence of anxiety therapy and confidence therapy on the accuracy of kicking the ball to achieve goals in this study are relevant to the framework of thinking that has been developed based on the theories that support this research.

## 4. CONCLUSIONS

Based on the data from the results of research and discussion of research that has been done, the researchers found some findings. Firstly, this research found that there is an influence of anxiety therapy on the shot accuracy in soccer games. Secondly, there is an influence of self-confidence therapy on the shot accuracy in soccer games in the soccer club. Thirdly, there is a significant difference in effect between the groups of forms of better self-confidence therapy, compared to the group of anxiety therapies on the shot accuracy in soccer games in the soccer club.

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