



Anxiety Levels of Futsal Referees in the West Java Provincial Sports Week 2022

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Abstract

The aim of this research was to determine the level of anxiety among futsal referees officiating matches in the 14th West Java Provincial Sports Week 2022. The research method used a quantitative descriptive approach. Data collection was done using the Sport Competition Anxiety Test (SCAT) instrument distributed through Google Forms. The subjects of this study were futsal referees participating in the West Java Provincial Sports Week 2022, totaling 14 individuals. The research findings revealed that the level of anxiety among the referees fell into the low category at 20%, the moderate category at 73%, and the high category at 7%. This indicates that the majority (73%) of the futsal referees in the Provincial Sports Week experienced moderate anxiety. From these results, it can be inferred that the majority of the referees on duty had a moderate level of anxiety, which can be attributed to the certification level held by the referees, as 13 of them were nationally certified referees.

Keywords: Anxiety, Referee, Futsal

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A. Introduction

Futsal is a sport that originated from a modified version of simplified football. The game is played by two teams, each with a maximum of five players, one of whom must be a goalkeeper. The game may not start or continue if one team has fewer than three players (FIFA, 2009). The proliferation of futsal in the country is a breath of fresh air and serves as the starting point for the formation of the national futsal team's achievements at the international level, both in the AFC and FIFA rankings. As known, the national futsal team of Indonesia was ranked 51st in the world in 2021 (Sakti and Fahrudin, 2021), and as of November 7, 2022, it was ranked 15th in Asia according to the "Futsal World Ranking". Futsal is a sport that is played with simplicity and refers to the aspects of football (Al-fadirohimi and Pambudi, 2022). Looking at the characteristics of futsal, several supporting aspects are needed to achieve the highest performance, namely physical, technical, tactical, and mental aspects (Bompa, 2001). In relation to mental aspects, the role of referees in determining the outcome of a futsal match is crucial, whether at the amateur or professional level (G., 2000). In a match, the most important factor that determines the quality of the match is the quality of the referee (Syamsudar, Nurcahya, and Wahidi, 2022). Each match is controlled by two

referees, namely the main referee and the second referee, who have full authority to enforce the futsal game rules (FIFA, 2009). The best performance of a referee in leading a match is inseparable from understanding the latest game rules, physical appearance, experience, and, of course, the level of anxiety in making decisions. When referees lead a match, they must prepare themselves as futsal players, studying the tactical aspects of the two teams that will compete to facilitate match management. Additionally, mental preparedness and self-confidence are psychological aspects that a futsal referee must possess to face a match and ensure proper match control (Supriyatni, 2021). Another psychological aspect that a referee must possess is the ability to control stress levels and anxiety when facing a match. The referee's perception of disruptions from spectators, players, and/or coaches, referee errors, and aggressive behavior from players and coaches affect their decision-making when leading a match (Johansen and Haugen, 2013). Intrinsic and extrinsic motivation are crucial factors that referees must have as they have consequences, such as influence, sports orientation, and perseverance in sports, especially when referees face high-pressure big matches that require high concentration, leading to excessive anxiety before the match (Abdul Gani et al., 2022). Many things happen due to the referee's

poor physical condition, including a lack of self-confidence and frequently making mistakes in decision-making (Prastyo, 2015). Therefore, the author is interested in conducting research on the anxiety levels of futsal referees during the West Java Province Sports Week XIV in 2022.

Anxiety

Anxiety is a state of mind characterized by negative effects and somatic tension symptoms in which an individual anticipates the possibility of future danger or misfortune with a sense of worry. Anxiety may involve feelings, behaviors, and physiological responses (KUMBARA, METRA, and ILHAM, 2019). Anxiety is a term we use to describe feelings of unease, worry, and fear. These conditions involve both emotional and physical sensations that we may experience when we feel worried or nervous about something. Although we experience these feelings as discomfort, anxiety is related to a person's normal biological response when feeling threatened (Pamungkas, 2018). Anxiety is one form of psychological or emotional reaction to a condition perceived as a threat. In other words, anxiety can be defined as an emotion or feeling of helplessness and insecurity that afflicts an athlete without clear cause as they approach a competition. If feelings of

anxiety are not well-controlled, an athlete's performance becomes suboptimal, affecting the execution of strategies, tactics, and prepared techniques (Sandra et al., 2016).

Anxiety is part of the human condition, meaning that anxiety exists in everyone. Anxiety serves as a source of motivation towards progress and success in life when it is in a normal state (normal anxiety). However, when anxiety becomes excessively high and exceeds normal limits (neurotic anxiety), it disrupts self-stability and life balance (Hayat, 2017). The ability to maintain a clear mindset, control anxiety and stress, and manage uncomfortable feelings must be fully exercised when facing competitions to deliver the best performance. Additionally, the ability to handle competition pressure or high tension levels should be trained and integrated into mental training programs, so that anxiety can be controlled during actual matches (Truong, 2017). Anxiety is a very natural occurrence experienced by every human who takes on new roles and adaptation challenges (Rohmadani, 2020).

Referees

Futsal is a fast-paced game, and referees are required to have high concentration. Furthermore, referees need to be close to encounters or collisions between attacking and defending players

to avoid making mistakes in decision-making. All sports practiced at a high professional competitive standard require the body to perform at optimal capacities in terms of biomechanics and physiology, including referees who need to have good physical condition and fitness (Rahayu et al., 2022). In Liga 1 (the top-tier professional football league in Indonesia), many referees rely on their appearances in matches as their livelihoods, as they are considered part of the professional world, making refereeing a promising occupation (Pjkr, Pasundan, and Barat, 2021).

Futsal

Futsal is a fast-paced and dynamic sport played on a small-sized field. It is an exciting game that requires high physical skills as well as technical and tactical abilities. It is a game where one can score many goals (Mănescu, 2016). Futsal is a popular and active dynamic sport that requires players to perform various movements such as accelerating and decelerating quickly, and it also requires them to change the direction of movement rapidly (Wahdi et al., 2021). Futsal has become one of the favored sports among the Indonesian population today. It is a dynamic sport that demands quick action and precise movements based on physical, technical, and tactical parameters (Nurchaya, Stiadi, and Syamsudar 2020).

B. Method

The purpose of this study is to determine the level of anxiety among referees before, during, and after the start of the match. The population in this study consists of futsal referees who officiated the West Java Provincial Sports Week in 2022. This study is a quantitative descriptive research. Descriptive methods are used to describe or analyze research results but not to draw broader conclusions.

- There are several requirements that need to be met to ensure the validity of purposive sampling for use. These include:
- The characteristics of the population must align with the research objectives.
- Samples based on individuals, groups, or regions must meet the desired background of the research.
- The selected samples must truly represent the majority characteristics of the population.

The main objective of purposive sampling is to focus on specific characteristics of the target population, which will enable you to answer your research questions (Rai and Thapa, 2015).

Based on the above explanation, the author of this study uses purposive sampling technique because it aligns with the research objectives. The research sample consists of 14 futsal referees who

have national and international certification (Nasution, 2017). In this study, the instrument used is a questionnaire using the Sport Competition Anxiety Test (SCAT). Data collection is done using the SCAT instrument, which consists of 15 questions. Ten of them measure symptoms related to anxiety, with the other five items not scored

to reduce the possibility of internal response bias. The scores for the 10 items are summed to provide an overall measure, with higher scores reflecting a greater tendency to experience competitive anxiety. Use the following table to calculate the total score.

Table 1. SCAT Score Analysis

Less than 17	You have a low level of anxiety
17 to 24	You have an average level of anxiety
More than 24	You have a high level of anxiety

(Martens, R., Vealey, R. S., & Burton, D. (1990).

C. Result and Discussion

This data was obtained from the completion of the Sport Competition Anxiety Test (SCAT) questionnaire, which consists of 15 statements and has been distributed to 14 athletes with specific characteristics.

$$\begin{aligned}
 M &= \frac{\text{Score Total}}{\text{Responden}} \\
 &= \frac{251}{14} \\
 &= 17.9
 \end{aligned}$$

Based on the data analysis calculations, the respondents obtained a total score of 251. Therefore, the average mean of the data is 17.9, which falls under the category of moderate anxiety.

Subsequently, the questionnaire data was processed using manual calculations with MS Excel 2019. The description of the classification of futsal referee anxiety levels was obtained through the application of descriptive analysis techniques, including:

Meanwhile, the results of the frequency and percentage calculations for the classification of anxiety levels among futsal referees in the Provincial Sports Week 2022 are as follows:

Table 2. Classification of Anxiety Levels for Futsal Referees

Interval	Anxiety Classification	Frekuensi	Percentage
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<17	Low	3	21%
27-24	Currently	10	71%
>24	Tall	1	8%
Total		14	100%

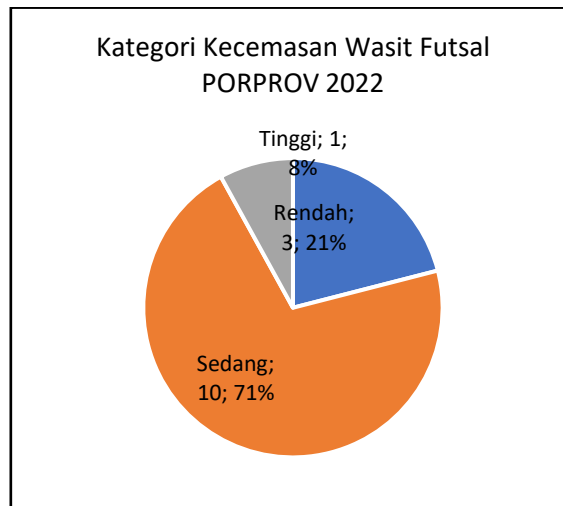


Figure 1
Pie Chart Diagram of Referee Anxiety Level Classification

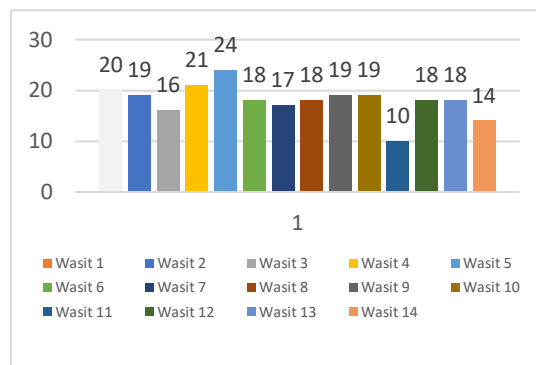


Figure 2
Tube diagram of PORPROV West Java futsal referee anxiety level score 2022

Based on the table and diagram above, it can be observed that 3 athletes (21%) have a low level of anxiety, 10 athletes (71%) have a moderate/average level of anxiety, and 1 athlete (8%) has a high level of anxiety. The overall results obtained from the descriptive analysis technique can

be interpreted as the majority of futsal referees leading the West Java Provincial Sports Week 2022 have a moderate/average level of anxiety when officiating matches. As for the description of the scores for each statement in the questionnaire, they are as follows:

Table 3. Question Instruments

No/ Butir	Question	Score Total	Category
5	When I'm on duty, I worry about making a mistake	30	Tall
3	Before I was on duty, I was worried about not performing well	28	Tall
12	Before officiating the match, I was nervous	27	Tall
9	Just before officiating, I felt my heart beating faster than usual	26	Tall
14	I feel nervous, before officiating the match (in the referee's room)	25	Tall
2	Before I was on duty, I felt uncomfortable	24	Currently
6	Before duty I calm down	24	Currently
11	Before officiating the game, I feel relaxed	24	Currently

The table above shows that items 5, 3, 12, 9, and 25 have scores ranging from 25-30, indicating a high level of anxiety. The statements in these items are as follows: "I worry about making mistakes when I'm on duty," "I worry about not performing well before I'm on duty," "I feel nervous before officiating a match," "Right before officiating a match, I feel my heart beating faster than usual," "I feel anxious before officiating a match (in the referee room)." This suggests that the most common anxiety symptoms among the futsal referees officiating the West Java Provincial Sports Week 2022 matches are:

Worrying about making mistakes when on duty,

Worrying about not performing well before being on duty,

Feeling nervous before officiating a match,

Feeling a faster heartbeat than usual right before officiating a match,

Feeling anxious before officiating a match (in the referee room).

Discussion:

The discussion will present the research findings on the level of anxiety among referees officiating futsal matches in the West Java Provincial Sports Week 2022.

Anxiety is related to self-concept or personality, referring to a disposition to act with interest and some consistency from time to time or across situations (Hayat 2017). Anxiety is one of the issues that affect the performance of a referee during matches (Safitri and Masykur 2017). Anxiety is a form of psychological/emotional reaction to a perceived threat. In other words, anxiety can be interpreted as an emotional reaction or a feeling of helplessness and insecurity that afflicts an athlete without a clear reason before a match. Moreover, anxiety can be caused by personal life issues (Elzas et al. 2021).

Referees are more anxious before officiating a match than during or after the match. This is because of their lack of

experience, which requires adaptation to master the situation and conditions on the field (Syamsudar et al. 2022). Especially after the Covid-19 pandemic, the referees' field experience has become less optimal, affecting the quality of leadership for futsal referees, particularly in psychological factors related to anxiety. The less they officiate, the more excessive anxiety they may experience when facing a match, especially at the provincial level involving cities and regencies in West Java. Anxiety is the opposite of motivation, which is a sense of fear and failure in facing something (Hambali 2022). If a referee has more field experience, it will certainly minimize excessive fear. There is a correlation between self-efficacy and anxiety (Amir Supriadi 2022). Self-efficacy is the evaluation of an individual's ability or competence to perform tasks, achieve goals, and overcome challenges (Patel 2019).

Therefore, the issue of athletes' anxiety in facing matches is an important factor that needs further attention in developing futsal referees in each region. This can be achieved by providing more officiating opportunities and continuous evaluation by assessors or local referee committees to improve the quality of officiating, especially for futsal referees in West Java. Based on the research objectives and findings regarding the level of anxiety

among futsal referees officiating matches in the West Java Provincial Sports Week 2022, it can be concluded that the level of referee anxiety can be categorized as moderate. The calculation results show that 3 referees have a low level of anxiety, 10 referees have a moderate/average level of anxiety, and 1 referee has a high level of anxiety.

D. Conclusion

It can be concluded that the overall level of anxiety among futsal referees officiating the West Java Provincial Sports Week 2022 matches can be categorized as moderate/average, with a score of 17.9 (18). With this score, referees are able to control the game and perform optimally to achieve success in officiating matches. It is evident that the referees who officiated the futsal matches in the West Java Provincial Sports Week 2022 received appreciation and minimal complaints from each participating team, despite the suboptimal officiating experience due to the impact of the COVID-19 pandemic.

The hope of this research is to provide an understanding that the performance of referees is determined by the level of anxiety before the start of the match. Further research on a larger scale is needed, involving a wider population, such as in major events like the National Games (PON), SEA Games, Asian Games, and even the Olympic Games.

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E. Conflict of Interest

There is no conflict of interest

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