

## The Relationship Between Anxiety Level And Shooting Accuracy

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### Authors' contribution:

**A.** Conception and design of the study; **B.** Acquisition of data; **C.** Analysis and interpretation of data; **D.** Manuscript preparation; **E.** Obtaining funding

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### ABSTRACT

This study aims to examine the relationship between the level of anxiety and shooting accuracy in Sinjai futsal athletes. The results showed that there was a significant relationship between the two variables. Anxiety has the potential to interfere with the player's concentration and focus, which can affect shooting accuracy. Therefore, anxiety management is a key factor in improving the shooting accuracy ability of futsal athletes. The research method used was a correlational method involving 20 Sinjai futsal athletes as a sample. Data was collected through observation and futsal shooting tests and then analyzed using descriptive and inferential statistical methods. It was concluded that there was a significant correlation between the level of anxiety and the ability to shoot accuracy in Sinjai futsal athletes.

**Keyword:** Anxiety; Shooting; Futsal.

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### INTRODUCTION

The balance between a player's mentality and emotional intelligence is considered an important element in sporting achievement (Hammado & Amahoru, 2019). Emotional intelligence includes an individual's ability to understand, manage, and utilize his emotions effectively (Rosli, 2019). Players who have good emotional intelligence can control themselves (Arifin, 2017), Increase their potential, and have high self-confidence (Iswahyudi, 2018). These factors contribute to the player's ability, including in the context of futsal (Sukadiyanto, 2020).

Anxiety, as a manifestation of feelings of worry or nervousness, is an emotional aspect that can affect the performance of athletes, especially in shooting accuracy (Pelupessy, 2018). Anxiety can arise both before and during the game (Iswahyudi, 2018), triggered by internal factors such as negative thoughts, and external such as pressure from coaches, spectators, or opponents (Fazari et al., 2017). In some Sinjai futsal athletes, a lack of

confidence becomes evident in influencing their performance, where anxiety becomes a major obstacle in seizing opportunities and making strategic decisions on the field.

From the perspective of emotional intelligence, Goleman emphasized that the ability to manage emotions is an essential key to improving the quality of technique, shooting, and accuracy of athletes (Ardian et al., 2019). Athletes who can control their emotions have a tendency to be more focused and can optimize their skills (Valentino & Ardian, 2017), especially seen in critical situations such as when shooting on the futsal field. Therefore, aspects of emotional intelligence become relevant in the context of improving the performance of futsal athletes.

By looking at this background, the author felt interested in conducting research with a focus on the relationship between the level of self-anxiety and shooting accuracy in Sinjai futsal athletes. The need to understand and address the impact of anxiety on athletes' performance was the basis for choosing this topic. This research is expected to contribute to the development of effective anxiety management methods to improve the performance of futsal athletes, especially in the aspect of shooting accuracy (Bernhardin & Fauzi, 2022). Thus, this research can provide valuable insights into the coaching and potential development of futsal athletes in Sinjai Regency.

## METHODS

This study used a correlational approach to identify the relationship between anxiety levels and shooting accuracy in Sinjai futsal athletes. The Sinjai futsal team with a total of 20 members became the study population, and the entire population was taken as a sample through total sampling techniques. Anxiety data was collected through questionnaires while shooting accuracy data was measured through futsal tests. Descriptive and inferential statistical analysis, using SPSS Version 20 software, was used to process the data.

## RESULTS AND DISCUSSION

### Result

Research results can be detailed through tables or graphs, visualizing the findings narratively. To answer the research questions and achieve the objectives, all data were analyzed using the SPSS 20.00 statistical test, including a descriptive test, normality test, hypothesis test, and correlation test.

**Table 1.**  
Descriptive Analysis

Variable	N	Min	Max	Mean	SD
Anxiety	20	42	53	49.35	2.700
Shooting	20	7	15	10.95	1.877

**Table 2.**  
Data Normality Test

Variable	Sig	Information
Level of anxiety about shooting accuracy	.200	Usual

**Table 3.**  
Correlation Test Results

Variable	N	Sig	A
Level of anxiety about Shooting accuracy ability	20	0.041	0.05

**Table 4.**  
Correlation Level Results

Variable	N	Pearson Correlation
Level of anxiety about shooting accuracy	20	0.460

This study found that there was a significant relationship between the level of anxiety and shooting accuracy in Sinjai futsal athletes, with a correlation coefficient value of 0.460. The results of this study follow the theoretical basis which states that shooting is one of the basic futsal techniques that plays an important role in the game. This technique emphasizes the accuracy of the kick to achieve the goal of putting the ball into the goal. Shooting is a vital individual skill in futsal, and this is in line with Sukatamsi's view (Utomo, 2016) which states that the basic technique of kicking the ball with full feet is very commonly used to achieve goals.

Shooting accuracy is an important aspect that must be mastered by futsal players, as explained by Tenang (Hawindri, 2016), who stated that the basic shooting technique involves a hard kick into the goal to score goals. In the context of futsal training, basic shooting techniques need to be taught consistently so that players can achieve targeted shots while on the match field. However, in carrying out the shooting technique, various factors can influence it, and one of the significant factors is the level of anxiety possessed by each player.

This study highlights that anxiety levels can affect the accuracy of shooting in Sinjai futsal players. Anxiety, which is defined as feelings of worry, fear, or anxiety, can arise in various levels and situations (Ardiyanto, 2018). Factors such as negative thoughts, fear of failure, and pressure from coaches, spectators, or opponents can be sources of anxiety that affect player performance.

Anxiety has a real impact in the context of futsal, especially in terms of shooting accuracy. In a match situation, players need to maintain focus and concentration to be able to direct the ball into the goal. However, high levels of anxiety can interfere with the player's concentration and focus, so shooting accuracy is affected. Kristina (2015) states that sources of anxiety can come from within athletes, such as negative thoughts or fear of failure, or from outside athletes, such as pressure from coaches, spectators, or opponents.

In conclusion, this study shows that the relationship between anxiety levels and shooting accuracy in Sinjai futsal athletes is indeed significant. Anxiety can be considered as one of the factors that can hinder a player's concentration and focus, resulting in the ball not being directed properly into the goal. Therefore, anxiety management is an important aspect in the development of the technical ability of futsal players. Sources of anxiety, both from within and from outside the athlete, need to be considered to create an environment that supports optimal growth and performance in futsal.

## CONCLUSION

Based on the results of data analysis and discussion conducted in this study, it can be concluded that there is a significant correlation between the level of anxiety and the



ability to shoot accuracy in Sinjai futsal athletes. These findings are in line with the theoretical foundations on which this study is based.

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