

# Correlation between Anxiety and Mental Health on Poomsae Skills on Dojang Indranaga Fighter of Semarang Team

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**Abstract.** The level of anxiety and mental health can affect the poomsae skills on athletes in competition. The study was to determine the level of anxiety and mental health of Dojang Indranaga fighter team Semarang athletes. This research uses descriptive quantitative research. The approach in this study uses a questionnaire method with google form and practice demonstration of poomsae. The questionnaire used to measure the level of anxiety. The sample in this study amounted to 23 athletes consisting of 14 male athletes and 9 female athletes. The sampling technique is purposive sampling. Data analysis using descriptive analysis techniques. The results showed that the tcount of the anxiety variable was 2,985 and the significance value was  $0.033 < 0.05$ , thus H1 which reads: "there is a correlation of anxiety with the poomsae skills of taekwondo dojang Indranaga fighter team Semarang" is accepted. The results showed that the tcount value of the mental health variable was 2,764 and the significance value was  $0.047 < 0.05$ , thus H2 which reads: "there is a correlation between anxiety and poomsae skills in taekwondo dojang Indranaga fighter team Semarang" is accepted. The conclusion in this study is that there is a correlation between the level of anxiety and mental health on the poomsae skills of the taekwondo athlete Dojang Indranaga Fighter Team Semarang.

**Keywords:** Anxiety, mental health, poomsae skills.

## 1 Introduction

Achievement sports according to the Law of the Republic of Indonesia Number 3 of 2005 are sports that foster and develop athletes in a planned, tiered, and sustainable way through competitions to achieve achievements with the support of sports science and technology. Therefore, the government must be responsible for advancing national sports achievements at a higher level, namely the international level. Article 11 Paragraph 1 of the Law of the Republic of Indonesia Number 3 of 2005 concerning the National Sports System which reads that the government and regional governments have the right to direct, guide, assist and supervise the implementation of sports in accordance with statutory regulations.

Some of the national sports that are often competed are athletics, football, volleyball, basketball, karate, pencak silat, judo, taekwondo, and others. Taekwondo as a self-defense sport that is competed at the international level, has been very quickly responded to by Indonesian sports people since independence. Taekwondo, which is written as Tae Kwon Do by default, is a martial arts branch originating from South Korea.

Poomsae are an important unit in the technical system of taekwondo. Poomsae are combination moves designed to be practiced without an instructor, using a fixed performance basis of attack and defense. Poomsae has the advantage of practicing the specific techniques applied, which cannot be trained through basic movements. Poomsae is trained in conjunction with the poomsae line, and this poomsae line shows the position of the two legs and the direction of movement (Yoyok Suryadi, 2009:1).

Purpose of this study was to find out how the correlation between anxiety conditions and mental health conditions of athletes who will compete because researchers observe when athletes will compete the main factors for mastery of the field are mental calm and the lack of anxiety of an athlete. Although an athlete has a good physique and masters tactics and strategy, if an athlete does not have calm and concentration and is even disturbed by negative thoughts such as excessive negative emotions, then this will greatly affect the results during the match. Some of the symptoms experienced by an athlete in a match such as anxiety, worry, confusion, tension, and loss of confidence, especially in poomsae athletes can lead to less than optimal performance to get high scores in matches.

This will be a problem for an athlete because of the lack of mental coaching in athletes. Often when doing exercise the athlete's ability is very good, but during the match the athlete's ability decreases because he often makes mistakes because of pressure, this is one of the mental factors experienced by an athlete, during exercise athletes do not get emotional pressure too often not the case in match situations. Athletes who experience anxiety will cause several obstacles to gain achievement, therefore the problem of anxiety must be overcome, especially in the mental development of athletes, therefore interventions to reduce anxiety and improve athlete's mental health need to be done. The taekwondo athletes of the Indranaga Fighter Team Semarang are from 14 to 17 years old. At this age the athlete's tendency to control emotions is still said to be lacking or still unstable. When competing, especially for athletes in the kumite category, the mental aspect that affects is anxiety, because in reality not all athletes can overcome the anxiety they face.

Referring to the description above that mental factors are an important element to achieve athlete achievement, then the mental pressure experienced by an athlete during a match must be handled by the athlete or the party concerned such as the role of a coach or sports psychologist, therefore it is necessary to do research on aspects In this case, the research is more directed to the analysis of the anxiety level of the taekwondo athlete Indranaga Fighter Team Semarang when doing poomsae in a match.

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## 2 Methods

The method used in this research is the observation and survey method. The most effective way is to complete the observation form or blank as an instrument. In this study, the authors used sports anxiety instruments, mental health instruments and poomsae assessment instruments.

This research is a quantitative descriptive analysis research. This research is a descriptive study, namely the researcher only explains the state of the object, the data obtained in this study is data from the results of the survey method with the google form questionnaire technique given to the respondents, then our data is described in the description of the anxiety and mental health statistical data then described as well as with the athlete's anxiety and mental health scale.

## 3 Results and Discussion

The result of the average value of the poomsae skill variable (POMSAAE VALUE) is 7.13, the minimum poomsae skill (POMSAAE VALUE) is 4, and the maximum poomsae skill value (POMSAAE VALUE) is 8. The standard deviation value is 1,100 which is lower than the average value. which is 7.13 so it can be concluded that the deviation of the data that occurs is low so that the distribution of the poomsae skill variable data is evenly distributed.

The average value of the mental health variable is 77.04, the minimum value of mental health is 52, and the maximum value of mental health is 90. The standard deviation value is 10,581 which is lower than the average value of 77.04 so it can be concluded that the deviation of the data that occurs is low so that the data spread mental health variables evenly. The average value of the mental health variable is 77.04, the minimum value of mental health is 52, and the maximum value of mental health is 90. The standard deviation value is 10,581 which is lower than the average value of 77.04 so it can be concluded that the deviation of the data that occurs is low so that the data spread mental health variables evenly.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.495 <sup>a</sup>	.002	-.046	1.125	.400	.033	1	21	.858

a. Predictors: (Constant), KECEMASAN

Based on the summary table, it is known that the magnitude of the relationship between anxiety and the poomsae value is 0.495. After looking at the interpretation table, the correlation coefficient r is at a value of 0.41 – 0.60, this is included in the category of moderate correlation. And the simultaneous contribution of the anxiety variable with a poomsae value of 40% while 60% is determined by other variables. It can be explained that when there is an increase in the level of anxiety, it will cause biological and physiological symptoms of anxiety in the form of shaking, cold sweats, shortness of breath, frequent urination, tense muscles, and chest

palpitations which result in the athlete being unable to display poomsae material optimally and tends to not smooth so that there is an excessive sense of anxiety during the match.

**Model Summary**

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.679 <sup>a</sup>	.469	-.035	1.119	.469	252	1	21	.621

a. Predictors: (Constant), KESEHATAN MENTAL

Based on the summary table, it is known that the large relationship between mental health and the poomsae value is 0.679. After looking at the interpretation table r the correlation coefficient is in the value of 0.61 - 0.80 this is included in the category of high or strong correlation. And the simultaneous contribution of the mental health variable with a poomsae value of 46.9% while 53.1% is determined by other variables. It can be explained logically that when anxiety levels rise, it will result in stress that affects physical activity in the form of fatigue, headaches, digestive disorders so that it interferes with the athlete's focus in facing the match and cannot demonstrate poomsae smoothly.

**Model Summary**

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.615 <sup>a</sup>	.622	-.087	1.146	.622	124	2	20	.884

a. Predictors: (Constant), KECEMASAN, KESEHATAN MENTAL

Based on the summary table, it is known that the large relationship between Anxiety and Mental Health with a poomsae value of 0.605. After looking at the interpretation table r the correlation coefficient is in the value of 0.61 - 0.80 this is included in the category of high or strong correlation. And the simultaneous contribution of the mental health variable with a poomsae value of 62.2% while 37.8% is determined by other variables. It can be explained logically that when the level of anxiety rises it will cause a sense of tension and excessive anxiety resulting in a decrease in the level of concentration, and when the level of mental health decreases it will result in stress and restlessness in the face of the match and unable to display poomsae material optimally, when the level of Anxiety decreases and mental health levels increase, so athletes will become more concentrated and focused so that athletes can perform movements in the Poomsae material in the championship calmly and maximally.

#### 4 Conclusion

Based on the results of the research that has been carried out, it can be concluded that there is a correlation between anxiety and mental health on the skills of the taekwondo dojang indranaga fighter team in Semarang. From the results of research that has been carried out by researchers, the following conclusions can be drawn: There is a correlation between anxiety and poomsae

skills, there is a correlation between mental health and poomsae skills. There is a correlation between anxiety and mental health with poomsae skills.

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