

The Influence of Self-Confidence on Peak Performance of Man 1 Futsal Athletes in Bima Regency

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ABSTRACT

This study aims to determine the effect of self-confidence on the peak performance of futsal athletes at MAN 1 Bima Regency. The background of the study is based on the phenomenon that although the physical, technical, and tactical abilities of athletes are relatively the same as those of other schools, the results of matches are often not optimal due to psychological factors, especially self-confidence. This study uses a quantitative approach with a descriptive percentage design. The study population was all futsal athletes at MAN 1 Bima Regency, with a sample size of 20 students. The research instrument was a futsal skills test (penalty kicks) which was associated with the level of self-confidence. Data analysis was carried out using a simple linear regression test and a t-test. The results showed that there was a significant influence between self-confidence and peak performance of futsal athletes. The t-test results obtained a t-count value of 5.274 which was greater than the t-table of 2.228 at a significance level of 5%, so the null hypothesis (H_0) was rejected and the alternative hypothesis (H_a) was accepted. This proves that the higher the athlete's level of self-confidence, the better the peak performance achieved. This research is expected to contribute to futsal coaches and trainers in improving performance by strengthening psychological aspects, especially self-confidence, so that athlete performance can be more optimal in every match.

INTRODUCTION

The Nature of Sports

In essence, sports are physical and psychological activities based on the spirit of struggle against oneself, others, or elements of nature (e.g., weather). When contested, sports should be carried out with sportsmanship, thus serving as a means to shape one's personality and enhance the quality of life (Dinata, 2008:52).

Futsal is one of the sports branches in Indonesia that has experienced rapid development. This is because the sport is not only pursued for achievement but also for educational and recreational purposes. The futsal branch has grown rapidly, especially with the increasing number of exciting Futsal League matches broadcast on television and the addition of promotional advertisements featuring professional players, giving the impression that there is "no day without futsal." It is evident that the youth are the most influenced by these broadcasts, as they represent the age group most receptive to media influence. Futsal also has certain social characteristics, with a style of play that often involves elements of "pretending, deceiving, and strategizing." This can be seen in players' efforts to outsmart opponents through various deceptive movements using nearly every part of their body. For example, feints to trick opponents are executed through eye, head, shoulder, arm, waist, leg, or body movements – pretending to dribble, shoot, or pass. Novak describes the nature of futsal as "jazz music full of improvisation" – containing elements of freedom, explosiveness, rhythmical variations between fast and slow tempos, and emotional intensity. Individualistic tendencies stand out, yet the game still requires solid teamwork and unity (Dinata, 2008:8).

With limited playtime, match scores can rise rapidly, yet even a one-point difference can determine the winner. This is one of futsal's main attractions: the constant chase for goals in a relatively fast-paced game.

The Values of Futsal

Futsal possesses certain universal values. As a recreational sport, it can be played by children, adults, and even the elderly. Its recreational value is reflected in fulfilling a person's need for appropriate physical activity or simply as an outlet for emotional release. Futsal also satisfies the need for energetic physical movements – running fast, stopping abruptly, throwing, catching, jumping, and landing with good body balance – all of which are common skills in futsal. A good level of cardiovascular endurance is one of the most important health benefits gained from active participation in futsal, along with increased muscular strength and improved body coordination.

Winning, Losing, and Peak Performance

In competitions, winning or losing is often used as a measure of an athlete's success in developing their sports skills. However, to win a game, what truly matters is performing well (Satiadarma, 2000:17). Thus, the essential concern of coaches and sports administrators is how to guide athletes to achieve peak performance (Satiadarma, 2000:159).

Nevertheless, many people misunderstand the meaning of "peak performance." They often equate it with victory – believing that athletes who achieve peak performance are those who win medals or trophies. In fact, peak

performance does not necessarily guarantee victory. In some cases – particularly in team sports like futsal – an athlete may perform at their best without winning the match.

Performance remains a critical aspect to evaluate, whether during victory or defeat. A win may occur due to luck, and if athletes become complacent, they may overlook performance corrections. As a result, they might commit fatal mistakes in future matches due to a lack of reflection and improvement (Satiadarma, 2000:214).

The Role of Psychological Factors in Sports

Numerous studies have demonstrated the crucial role of psychological factors in enhancing athletic performance. Psychological factors serve as the driving force and guide for athletes' performance. These are often reflected in expressions such as strategy, tactics, motivation, pressure, determination, or, conversely, in inhibiting factors like anxiety, tension, loss of concentration, and low self-confidence (Sudarwati, 2007:13).

A study by Sudarwati (2007) found a significant relationship between self-efficacy and achievement motivation among national badminton athletes at Pelatnas Cipayung. This indicates that the higher an athlete's self-belief, the higher their motivation to achieve. Conversely, low self-belief correlates with low motivation.

Another study by Ashar (2006) revealed that both intrinsic and extrinsic motivation influence football players' performance at PS. UNIOR UIN Malang. Kurniawan (2007) also examined the psychological factor of "psywar" (mental pressure or intimidation) and found that it affected anxiety and performance among futsal athletes at MAN 1 Kabupaten Bima, although players became more resistant in the second half. These findings confirm that psychological factors play an essential role in sports.

According to Gill, Gould, Weiss, Weinberg, Rushall, and Terry (in Satiadarma, 2000), athletes with strong skills generally exhibit low levels of anxiety, tension, depression, anger, and confusion, while demonstrating **high** levels of self-confidence, self-concept, self-esteem, courage, achievement drive, dominance, aggression, intelligence, independence, mental toughness, social ability, personal stability, and extroversion (Satiadarma, 2000:40).

Futsal as an Extracurricular Activity

Futsal is one of the extracurricular activities in several senior high schools (SMA) in different regions. According to Mr. Gazali, S.Pd, a teacher and futsal coach at MAN 1 Kabupaten Bima, the athletes' physical, tactical, and technical abilities are comparable to those of other schools. However, during competitions, athletes from MAN 1 Kabupaten Bima often fail to fully utilize their abilities. As a result, their performance outcomes are suboptimal, as evidenced by their failure to win matches against teams with lower skill levels.

Interestingly, these defeats occur even before the players reach exhaustion. When asked, the athletes often attribute their losses to a lack of self-belief, weak motivation to win, fear of losing, tension, anxiety about poor performance, and an inability to handle pressure—all leading to loss of

concentration. These factors may contribute to the defeat of MAN 1 Kabupaten Bima futsal athletes (based on interviews with the futsal coach).

From these findings, it can be concluded that several factors affect athletes' performance, including motivation, self-confidence, concentration, anxiety, and self-efficacy. Among these, while motivation, anxiety, and self-efficacy have been studied, research on athletes' self-confidence remains limited.

The coach's statement aligns with Dinata (2008), who stated that an athlete's achievement is not solely determined by physical ability but also strongly influenced by psychological factors. Similarly, in futsal, physical ability must be supported by psychological stability. For instance, an athlete's shot may fail if their mental state is disturbed. Conversely, a stable psychological condition increases the likelihood of success (Dinata, 2008:54).

THEORETICAL REVIEW

Self-Confidence

According to The American Heritage Dictionary, self-confidence is defined as "consciousness of one's own powers and abilities." Meanwhile, Webster's New World Dictionary defines it as "reliance on one's own power." The Longman Dictionary of Contemporary English also states that if you have self-confidence, you are "sure that you can do things well." (Widarso, 2005:xi). Peak Performance.

The main concern of sports administrators and coaches is how to train athletes to achieve peak performance. According to Satiadarma, peak performance refers to the *optimum* performance an athlete can achieve. Anshel notes that *optimum* is not the same as *maximum* in the context of sports (Satiadarma, 2000:159).

Although experts in psychology have not reached a definitive definition of peak performance, they generally focus on describing its characteristics and manifestations.

The Influence of Self-Confidence on the Peak Performance of Futsal Athletes

Psychological factors are crucial in an athlete's development. Without self-confidence, a player cannot fully demonstrate their abilities on the field. Likewise, teamwork cannot function effectively without harmonious relationships among players (Scheunemann, 2005:127).

According to Weinberg and Gould, self-confidence is closely related to the philosophy of *self-fulfilling prophecy* and *self-efficacy*. An athlete with strong self-confidence believes in their ability to perform sports tasks successfully and achieve the expected performance (Satiadarma, 2000:245).

METHODOLOGY

This study employed a quantitative research method, as it used numerical data which were then analyzed. Since the numbers obtained were later converted into percentages and interpreted using descriptive qualitative statements, this technique is referred to as the descriptive percentage technique (Arikunto, 2002:246).

The research was conducted at MAN 1 Kabupaten Bima, located in the Tolobali area, Sarae Subdistrict, Bima City. The study took place from July to

August 2025. The research subjects were 20 futsal athletes from MAN 1 Kabupaten Bima in the 2025 academic year.

RESEARCH RESULTS

Data Description

The data related to this research included information about the subjects' identities and dependent variable data concerning the influence of self-confidence on the peak performance of futsal athletes at MAN 1 Kabupaten Bima. Data on research subjects were obtained during the subject selection process.

a. Research Preparation

To ensure the smooth implementation of the study, several preparatory steps were taken as follows:

1. Research Permissions

The permissions obtained from related parties included:

- a. A statement letter from LPPM STKIP Taman Siswa Bima to request approval for conducting research.
- b. A research permit from the Regional Development Planning Agency (Bappeda) of Bima City.
- c. A permit from the Integrated Licensing Office of Bima City.
- d. Approval from the Principal of MAN 1 Kabupaten Bima.

2. Development of Research Instruments

To obtain valid data, appropriate research instruments were required. A good instrument produces accurate data, and accurate data lead to valid conclusions. The instruments used in this study included:

- **Main Instruments:**
 - Tests to measure **chest jump ability** and **smash ability**.
- **Supporting Instruments:**
 1. Futsal field
 2. Futsal ball
 3. Stopwatch
 4. Forms and writing tools
 5. Whistle

3. Research Subjects and Schedule

○ Research Subjects

A research activity must be carried out in a planned, structured, and systematic manner to motivate and track the progress of the research plan; therefore, a detailed research schedule was created.

The data related to this process include the subject identities and dependent variable data associated with the influence of self-confidence on the peak performance of futsal athletes at MAN 1 Kabupaten Bima. The subject data were collected during the selection process, while the dependent variable data were obtained through testing.

Table 4.1. Research Subjects

No	Student Name	Description
1	M. Fadillah	Confident
2	Abdul Harris	Confident
3	Dian Eka Putra	Confident
4	Muh Praditia	Confident
5	Ahmadin	Confident
6	Ghalang P	Confident
7	Fhatur Rozi	Confident
8	Susandy	Confident
9	Farhand	Confident
10	Abiansyah	Confident
11	Gunawa	Not Confident
12	Arik S	Not Confident
13	Fadlan	Not Confident
14	Farid	Not Confident
15	Ridho	Not Confident
16	Azis	Not Confident
17	Ritsmansyah	Not Confident
18	Fafan	Not Confident
19	Farik	Not Confident
20	Adi Irawan	Not Confident

Source: Futsal Team of MAN 1 Kabupaten Bima

b. Data Collection Procedure

After identifying the names of students who became the research samples, the next step was to collect the required data through a performance test to measure the influence of self-confidence on the peak performance of futsal athletes at MAN 1 Kabupaten Bima.

The researcher conducted an initial treatment by providing each player with the opportunity to perform penalty kicks. Each player was given 10 kicks and 3 attempts, and the best score from each individual was recorded. After the treatment, the results showed that 10 players had high self-confidence, while 10 players exhibited low self-confidence.

The complete schedule of implementation can be seen in the table below:

Table 4.2: Test Implementation Schedule

No	Day	Time	Date/Month	Activity	Place
1	Wednesday	09.00 WITA – finished	August 8, 2025	Submitting Research Letter	MAN 2 Kobi
2	Thursday	09.00 WITA – finished	August 9, 2025	Recording Research Subjects	Futsal Field of MAN 1 Bima Regency
3	Friday	09.00 WITA – finished	August 10, 2025	Performance Test	Futsal Field of MAN 1 Bima Regency
4	Sunday	17.00 WITA – finished	August 12, 2025	Performance Test for Students with High Self- Confidence	Nggalem Rasabou Futsal Field
5	Monday	20.00 WITA – finished	August 13, 2025	Score Collection Test	Nggalem Rasabou Futsal Field
6	Wednesday	20.00 WITA – finished	August 15, 2025	Score Collection	Nggalem Rasabou Futsal Field
7	Saturday	09.00 WITA – finished	August 18, 2025	Completion of Research	–

The personnel who assisted in carrying out this research were as follows:

- a. **Ariansyah** – Researcher and Coordinator
- b. **Imam, S.Pd** – Physical Education Teacher, Subject Caller
- c. **Abdul Haris** – Assistant to the Physical Education Teacher
- d. **Abdul Farid** – Score Recorder

Table 4.3: Penalty Kick(Each treatment consisted of 10 kicks, with 3 opportunities per player – High Self-Confidence Group)

No	Player's Name	Kick Ability	Best Result (X)
		I	II
1	M. Fadillah	6	7
2	Abdul Harris	5	6
3	Dian Eka Putra	7	6
4	Muh Praditia	5	7
5	Ahmadin	3	4
6	Ghalang P	4	5
7	Fhatur Rozi	5	7
8	Susandy	3	5
9	Farhand	4	5
10	Abiansyah	6	5

No	Player's Name	Kick Ability	Best Result (X)
Total			

Primary Data Processed

From the conducted research, data were obtained from students with low self-confidence, who were given three initial treatments, as shown in the following table:

Table 4.4: Penalty Kick (Each treatment consisted of 10 kicks, with 3 opportunities per player – Low Self-Confidence Group)

No	Player's Name	Kick Ability	Best Result (Y)
		I	II
1	Gunawa	3	4
2	Arik S	4	3
3	Fadlan	4	5
4	Farid	5	5
5	Ridho	4	4
6	Azis	2	3
7	Ritsmansyah	4	5
8	Fafan	4	3
9	Farik	4	5
10	Adi Irawan	4	3
Total			

Primary Data Processed

Data Analysis

The steps taken in analyzing the data in this study are as follows:

- Formulating the null hypothesis (Ho)
- Preparing a working table
- Entering data into the formula
- Drawing conclusions

a. Formulating the Null Hypothesis (Ho)

In this study, the data used are statistical data. The alternative hypothesis (Ha) proposed is:

“There is an influence of self-confidence on the peak performance of futsal athletes at MAN 1 Bima Regency.”

b. Preparing a Working Table

Based on the performance data both before and after the treatment, the working table is arranged as follows:

Table 4.5: t-Test Working Table

No	Prestasi		D	d	d ²
	X ₁	X ₂			
1	8	5	3	0,5	0,25
2	8	4	4	1,5	2,25
3	7	5	2	-0,5	4
4	7	5	2	-0,5	0,25
5	7	4	3	0,5	0,25
6	6	5	1	-1,5	2,25
7	8	6	2	-0,5	0,25
8	8	4	4	1,5	2,25
9	6	5	1	-1,5	2,25
10	7	4	3	2,5	6,25
Total	72	47	25	2	20,25

Note / Legend:

- = Confident group
- = Not-confident group
- **D** = Difference between the first score and the second score
- **d** = Square of the score difference
- **N** = Sample size

a. Entering the Data into the Formula

From the working table above, the t-test value can be calculated as follows:

It is known that:

$$M_I = \frac{\sum X_I}{N} = \frac{72}{10} = 7,2$$

$$M_{II} = \frac{\sum X_{II}}{N} = \frac{47}{10} = 4,7$$

$$d = D - MD$$

$$MD = \frac{\sum D}{N} = \frac{25}{10} = 2,5$$

$$\text{Di Tanya : } t = \text{.....?}$$

So :

$$t = \frac{M_I - M_{II}}{\sqrt{\frac{\sum d^2}{N(N-1)}}}$$

$$t = \frac{7,2 - 4,7}{\sqrt{\frac{20,25}{10(10-1)}}}$$

$$t = \frac{2,5}{\sqrt{\frac{20,25}{10(9)}}}$$

$$t = \frac{2,5}{\sqrt{\frac{20,25}{90}}}$$

$$t = \frac{2,5}{\sqrt{0,225}}$$

$$t = \frac{2,5}{0,474}$$

$$t = 5,274$$

a. Testing the t-Test Value

After obtaining the calculated t value at the 5% significance level, the result showed a t -count of 5.274, while the t -table value was 2.228. When compared at the 5% significance level, it was found that t -count $>$ t -table ($5.274 > 2.228$). This means that the null hypothesis (H_0) is rejected, and the alternative hypothesis (H_a) is accepted. Based on these results, it can be concluded that there is a significant influence of self-confidence on the peak performance of futsal athletes at MAN 1 Kabupaten Bima.

b. Drawing Conclusions

Based on the data analysis showing that the t -count value is 5.274, it can be concluded that there is a significant influence of self-confidence on the peak performance of futsal athletes at MAN 1 Kabupaten Bima. In other words, the null hypothesis (H_0), which states that "there is no influence of self-confidence on the peak performance of futsal athletes at MAN 1 Kabupaten Bima," is rejected, while the alternative hypothesis (H_a), which states that "there is an influence of self-confidence on the peak performance of futsal athletes at MAN 1 Kabupaten Bima," is accepted.

DISCUSSION

In general, the development of strong self-confidence occurs through the following stages:

1. The formation of a positive personality that aligns with one's developmental process, resulting in certain strengths.
2. A person's awareness of their strengths, leading to a strong belief in their ability to act and utilize those strengths effectively.
3. Understanding and responding positively to one's weaknesses, to prevent feelings of inferiority or difficulties in adapting.
4. Life experiences that shape one's ability to use personal strengths in various aspects of life.

Peak performance refers to a state of optimal performance and can be explained as follows:

1. Peak performance does not necessarily mean becoming a champion.
2. A champion does not always achieve their title at the exact moment they reach their peak performance.

3. An athlete's peak performance may occur only once in a lifetime or several times.
4. An athlete's peak performance in one situation may differ from that in another, as it is influenced by complex external factors.
5. Peak performance should not be considered the only benchmark for success or championship status.
6. Peak performance merely increases the athlete's potential to perform well in competition.

The results of this study indicate that high self-confidence positively affects performance improvement (peak performance). This can be observed in the findings showing that the total score achieved by the confident group (72) was higher than that of the less confident group (47). Furthermore, the *t*-count value (5.274) exceeded the *t*-table value (2.228), confirming that the null hypothesis (H_0) is rejected. This indicates a significant influence of self-confidence on the peak performance of futsal athletes at MAN 1 Kabupaten Bima.

CONCLUSION

The findings of this study demonstrate that self-confidence significantly influences the peak performance of futsal athletes at MAN 1 Kabupaten Bima. Specifically, the total score of the high self-confidence group (72) was greater than that of the low self-confidence group (47).

Based on these results, it can be concluded that improvements in athletes' performance (peak performance) are strongly influenced by their level of self-confidence – the higher the level of self-confidence, the better the athlete's skills and performance.

SUGGESTIONS

1. For Coaches

- a) At the beginning of the training session, it is advisable for coaches to provide opportunities for each player to practice techniques and strategies that can help build self-confidence, so that players' performance can also be improved.
- b) Before conducting training or participating in a match, coaches should strive to enhance and foster players' confidence levels, as this will improve their performance both individually and as a team.

2. For Players/Students

- a. A high level of self-confidence is essential to improve performance in playing futsal. When players are confident, their motivation to win and their desire to perform well also increase.
- b. Before training or playing, all players are encouraged to motivate themselves and their teammates to develop self-confidence in order to achieve optimal results.

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