

Self-confidence and peak performance: a descriptive study on young basketball athletes

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Abstract

Cases in the field reveal that there are always results matches that are not as expected due to the non-achievement of peak performance. Various factors influence it, specifically, the author highlights self-confidence which is a major psychological aspect that effectively contributes to an athlete's peak performance. Effectively contributes to an athlete's peak performance, where a high level of high level of self-confidence can make the athlete able to do a better job. their work better. Quantitative descriptive research with correlational design and using purposive sampling technique in determining the sample. Research sample of 30 youth basketball athletes (19 male and 11 female). Instrument research instrument in the form of two questionnaires given to athletes to measure confidence and peak performance given once to the sample via google forms. Data analysis was carried out using Statistical Program for Social Sciences (SPSS) version 25 using Pearson correlation. The results showed a significant relationship between self-confidence and peak performance of youth basketball athletes. So it can be concluded that it is important for athletes to have the right self-confidence during the stages of training and competition because it contributes to the peak performance of youth basketball athletes.

Keywords: Basketball, self-confidence, peak performance, youth athletes.

INTRODUCTION

In the realm of sports education, the attainment of sporting achievements is closely intertwined with the embodiment of character values. Character values significantly contribute to an individual's success in excelling in sports and sports education. Various types of character values exist, each serving distinct functions. One such value found in sports is self-confidence and diligence. Self-confidence represents a crucial character trait in sports activities, while diligence entails wholehearted effort and unwavering determination in striving to achieve desired goals (Mirhan & Kurnia, 2016).

Previous studies have reminded we related assumption theoretical connection between trusting self and performance sports, no surprise that the connection has become a subject of study in psychology sport (Adam, 2023). Temporary training psychological seldom conducted, for youth basketball athletes due to a lack of knowledge To understand the importance of training psychological (Saputra et al., 2022). A strategy for increasing trust in self is intervention psychology sports in general carried out by basketball athletes, especially athletes who teenager (Williams, 2022). However, looking at the situation in the field connection between trust in self and performance athletes still faint or not yet clear influence and relationships (in Fronso & Budnik-Przybylska, 2023). There are several research that have given related benefits from trusting oneself to athletes, however, still have not yet given something definite conclusion (Jekauc et al., 2023). We know that trusting the self's power is an intuitive contributor to successful performance sports because researchers in psychology sports have often investigated the connection truest self and the performance of an athlete (Lestari & Dewi, 2022).

Trust is defined as the perceived ability to reach a level of performance, meaning several athletes tend to have different self-confidence between one athlete with the athlete, however, athletes who have trust low self tend to experience disturbance in reaching peak performance and can see at moment the

implementation of matches. So you can review a youth basketball athlete must have good performance and confidence self, especially on p truest self. Importance of truest self in sport to reach results success in performance has been implemented with good in various context sports, especially basketball. One of the most consistent findings in the literature that is peak performance a way there is connection significant between trust in self and performance sport to reach success at the moment implementation matches (Pramadhan et al., 2022) Apart from that, a sense of trust in self proven direct technique athlete, more special again, athletes have perception strong in his abilities with objective for still control themselves when they are under pressure and they also automatically effective can control situation game when it happens something matter bad at times compete. This matter is also supported by revealing studies that part big athletes agree that trusting themselves in exercise is very important for performance, even the most successful athletes show fluctuation in trust self themselves.

The explanation above becomes a study for the writer when doing observations on adolescent basketball athletes. Athletes tend to experience no trust self consequence no exists something treatment in the form of exercise specific helps increase the trust self athlete. This is very unfortunate remember athletes and teenagers tend to easily experience disturbance psychological because they still are of age growth, in a way psychic or physiological. Distrust self this will bother athletes basketball teens in carry out matches because in trust basketball self needed for can display performance the best, for example, an athlete needs to determine the decision to pass to whom, where to dribble the ball, and various matter other. Basketball athletes who don't trust themselves at the stage achievement no will obtain maximum performance. Lack of trust in self and motivation to achieve, athlete, arises because not yet used to facing constant tensions in the field match. Results of research conducted by Doorley et al. (2022) give results that confident athletes himself low more lots recorded athletes who don't achievement, because that, the writer believes that trusting basketball athletes is very important for peak performance in youth basketball athletes.

Peak performance is a well-known condition as experience peak. This refers to the moment when somebody unites all performance, when they are in the zone, with deploying all an athlete's optimal ability during a tournament or compete (Kurniawati & Apreliani, 2018), an investigative literature study peak performance tends limited, perhaps because of the scarcity of athletes in reach moment that, because that, study difficulty in learning phenomenon the (Jones, 2022). As has been stated above view, aspect psychological is necessary for capital owned by an athlete to reach peak performance (Maksum & Indahwati, 2023). Ideally, basketball athletes must have the ability in a way technical, ability physical, and mental, so athlete capable reach good performance (Greenacre et al., 2014). Appearance is what is seen or what is shown when the player is in something game or match (License & Li, 2023). Skills and networks consistent characteristics this enables athletes can reach condition its peak performance in a way consistent and when it matters most at the moment matches and tournaments (Lestari & Dewi, 2022).

Based on the description above, the writer feels the need to study this. The author still has not yet gotten proof of a way certain related connection between trust in self and with peak performance of youth basketball athletes. Explanation of naturally interesting for studied and researched more in, so study this aim for analyze influence trust self, towards peak performance teenage basketball athlete.

METHOD

Study descriptive quantitative with correlational design and uses technique purposive sampling in determination sample. Research sample as many as 30 youth basketball athletes (19 male and 11 female). Instrument study in the form of two questionnaires given to athletes to measure trust in self and the peak performance provided once to sample via google form. The first instrument is the State Sports Confidence Inventory (SSCI), consisting of three main, i.e physical skills and training, cognitive efficiency, and resilience with 13 items of question (Juriana & Tahki, 2017). The second instrument is the peak performance questionnaire consisting of 25 items question (Fakhrurrazi, 2018). Option available answers For the second questionnaire use scale Likert (Subandrio & Kartiko, 2021) with Five answers namely strongly agree, agree, neutral, disagree, and strongly disagree. Data analysis was done using Statistical Program for Social Sciences (SPSS) version 25 using pearson correlation.

RESULTS AND DISCUSSION

Results

Characteristics of respondents obtained from questionnaires filled out by respondents based on type gender and age are explained in a way detailed in Table 1.

Table 1. Respondent Characteristics

Respondent Characteristics		n = 30	
		n	%
Gender	Female	11	35.5%
	Male	19	64.5%
Age	13-15 Years	11	35.5%
	16-18 Years	19	64.5%

Table 1 shows respondents consisting of 30 athletes: 11 athletes (35.5%) were of the same type sex female, and 19 athletes (64.5%) were of the same gender sex male, meanwhile, age respondents range aged 13-15 years as many as 11 athletes (35.5%), and aged 16-18 years as many as 19 athletes (64.5%).

Table 2. Description Statistics

Variable	N	Minimum	Maximum	Sum	Mean	Std. Deviation
Self-Confidence	30	8	34	449	14.97	6,408
Peak Performance	30	10	43	614	20.47	8,920

Table 2 shows a statistical description of each variable. Can seen that the trust variable self own mark Lowest of 8, the value highest of 34, the total mark of 449, the average value is 14.97, and the value standard deviation amounts to 6,408. Meanwhile, variable peak performance has the mark Lowest equal to 10, a value highest of 43, a total mark of 614, an average value is 20.47, and a value standard deviation amounting to 8,920. Next, the author serves normality test results in Table 3.

Table 3. Normality Test

Variable	Statistics	df	Sig.
Self-Confidence	0.859	30	0.001
Peak Performance	0.902	30	0.010

Based on Table 3 it can be seen that the variable trust self obtained a statistical value of 0.859, df 30, and sig. as big as 0.001. Meanwhile, the peak performance variable obtained a statistical value of 0.902, df 30, and Sig. as big as 0.010. Based on test results, both data obtained sig value. > 0.05 so both data are declared "normal distribution". Because of that, the writer uses a deep spearman correlation approach to the hypothesis. hypothesis test results can seen in Table 4.

Table 4. Correlation Test Self-Confidence in Peak Performance

Variable	Spearman Correlation	Sig. (2-tailed)
Self-Confidence – Peak Performance	0.890	0.000

Show hypothesis test results using spearman correlation. Based on Table 4 it can be seen that calculated t value of 0.890 with a sig value. (2-tailed) of 0.000. Based on test results, sig value. (2-tailed) < 0.05 so H_0 is rejected, then can concluded that there is a significant relationship between trust in self with peak performance in youth basketball athletes.

Discussion

In reality, when an athlete faces something difficult challenges (as in when a tournament), he needs strength and power to stand in a way more psychologically to overcome it. Therefore, he needs his trust high self to produce something to be expected, ie achievements and of course appearance high peak. Reality this has been proven by the results study. Many things can cause youth basketball athletes

can show performance peaks in something match. All mover usually comes from in self-athlete that myself, and also comes from outside self-athlete the. But the mover is coming from in self athlete that's what can be done give strength full for on performance peaks and achievements best (Rendriyana, 2020), then from that can seen from the results study the following has been done.

According to statistical test results, one can see that there exists a connection between trust in self and the peak performance of youth basketball athletes. If the level of trust in self is high, then peak performance is also high. On the contrary, if an athlete has a level of trust lacking self so as a result, peak performance will also decrease. This matter is in line with a study previously stated that athletes and coaches can more aspects psychologically athlete the (Purnamasari & Novian, 2021).

The study by Geukes et al. (2018) put forward that influence trust self to peak performance will be big If the pressure is also high. If the pressure is low influence trust in myself will be too low. Research result (Fernández et al., 2015) show the same thing, shows that there is influence trust self only will significant to the conditions competition and not on conditions exercise. The second result of study the shows that a sense of trust in self can role as a stabilizer in situations of pressure. This is by the theory of disaster which is pressure conceptualized as a form of worry cognitive and somatic (Hill & Shaw, 2013).

On research this is in line with the results of research that been conducted on 51 youth basketball athletes is a study done empirical connection between truest self with appearance yielding peak positive and significant relationship on both variables, as well show there is influence significant positive between trust self and appearance peak (Lestari & Dewi, 2022). Based on the results research and opinions above, the relationships are positive between the second variable which makes athletes who have a level of trust self tall will be more ripe as well as willing hard to achieve something success, so athletes will do their best and reach their peak performance. Likewise, as explained by Komarudin (2016) that if there exists a connection between the trusted self with significant peak performance so can help the athlete reach their achievements. Now we see from several responses athletes at the moment trust themselves the low.

Response athletes' effectiveness is also visible from behavior, where several athletes become more interested self-conscious, and anxious when they feel confident self their low (Gunes & Yetim, 2023). On the other hand, when athletes believe in themselves not only display themselves before competing, but trust themselves is also visible at times athlete they give peak performance. For example, they make bold moves or firm because they certain ability to come on stage with success. Conversely, when athletes currently experience a low sense of trust self in practice, then they will doubt their abilities to operate their skills and think that they can defeated by the party against (Anstiss et al., 2020; Vealey et al., 2017).

Thus, five of the athletes reduced expenditure power which resulted in declined performance. Findings This shows a connection between affect, behavior, and cognition, and also provides several support For the proposition in match (Fernández et al., 2015) . Behavior and response affective attitudes of athletes are reflected by the level of trust self. When trust in self is low, some athletes tend to interest themselves and feel anxious, at times implementation matches that, temporarily moment believe themselves high, they come on stage more believing in themselves, and their performance them too will increase. Trust self and peak performance each other influence, with influence performance to trust self more strong than on the contrary.

CONCLUSION

Based on the results and discussion, it can be concluded that one of the factors that influence achievement, apart from physical, technical, and tactical aspects, is psychological factors. Every athlete often experiences anxiety in facing the process of achieving achievements, especially when taking part in championships or competitions. This anxiety is normal and can be felt by every athlete. To overcome this anxiety, every athlete needs to build self-confidence from the start of preparation for a match or competition. By preparing and building this self-confidence, it is hoped that every athlete can reduce excessive anxiety when on the field or in the competition arena. In every sport including basketball Psychological factors, especially self-confidence, are needed to support an athlete's performance when

competing to display his peak performance well so that he can help the athlete's achievements. To excel, an athlete must be confident in his potential by always believing in his abilities (Mukhtarsyaf et al., 2022). Therefore, The high peak performance is in line with the height of self-confidence. If a level of self-confidence, then peak Athlete performance is also achieved (Lestari & Dewi, 2022). Important for athletes for own trust in their proper selves during the training and competition stages because they contribute to the peak performance of adolescent basketball athletes. Therefore if athletes trust their good self, then opportunity achievement peak performance athletes are good too.

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