

## **The Influence Of Self Confidence On Peak Performance Of Volleyball Athletes Smp Negeri 166 Jakarta**

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### **Abstract (8pt)**

The aim of this research is to obtain empirical data regarding the influence of self-confidence on peak performance of volleyball athletes at SMP Negeri 166 Jakarta. This research takes a quantitative approach using the Correlation Test technique with the Questionnaire method. The population of this study were all Volleyball Athletes at State Middle School 166 Jakarta with a sample of 52 people obtained using the Total Sampling technique. The data analyzed in this research is descriptive analysis and inferential analysis. Descriptive Analysis describes the characteristics of the data for each variable. Meanwhile, Inferential Analysis includes Normality Analysis, Linearity Analysis, Correlation Analysis, Linear Regression Analysis, and Coefficient of Determination Analysis. The research results show that there is a significant correlation where the self-confidence variable (X) contributes 97.6% to the peak performance variable (Y). This can be proven by the value of the regression equation  $Y = 16.238 + 3.336X$ . The coefficient of determination shows that  $r^2 = 0.976$ , meaning that 97.6% of peak performance is influenced by self-confidence in athletes. So this research concludes that there is a significant relationship between self-confidence and peak performance.

Key words : self confidence, peak performance, and volleyball athletes

## **1 INTRODUCTION**

Exercise is one way to keep physical fitness in top condition. There are many popular individual and team sports. The game of volleyball was invented by William G. Morgan in 1895 in Massachuset. Initially he created a game called Mintonette to replace the basketball game which was considered tiring. The game of volleyball is growing especially in recent years, in line with the development of this game also developed new training methods with a combination of new techniques that are more effective and efficient.

In a volleyball game, there are basic techniques which include serving, passing, smash, block. Of these techniques, it is usually the service technique that must be mastered by a volleyball team because the serve has great potential and produces points to win. In a team must always be ready to organize an attack in order to get the desired value. Performing service techniques well is very important to produce points, because ineffective service will result in defeat for a volleyball team. The implementation of physical education learning in school activities needs to be improved in order to answer the doubts and anxieties of the community as parents about the relevance of physical education materials at school. However, it often happens that the physical education learning process at school, the results are still not optimal. This may be due to the low possibility of student movement. The sport of volleyball is played by two teams where each team consists of two to six people in a field and the two teams are separated by a net. The main goal of each team is to hit the ball towards the enemy's field in such a way that the opponent cannot return the ball.

Peak performance is the optimum performance achieved by an athlete. Optimum is not the same as maximum, in the context of sports, then peak performance is behavior that produces one result, especially behavior that can change the environment in certain ways. Basically, the meaning of peak performance itself, psychological experts still have not made a conclusion about the definition of peak performance. But they are more concerned about the description and characteristics of peak performance.

It can be said that peak performance is a hidden ability that is released through skills in the context of athletics, performing arts, physical strength, intellectual prowess, interpersonal communication, moral courage, or many other extraordinary activities. In some cases, peak performance is related to champion status, but peak performance does not necessarily result in a champion, especially in team sports where there are only a few players who are in peak form.

Understanding self-confidence is one aspect of personality. Self-confidence possessed by athletes is a very important basic capital in their personality that is formed through the process of training and interaction with the social environment. self-confidence is a person's belief in all aspects of his advantages and makes the ability to achieve various life goals. To define self-confidence, the author quotes several opinions of experts such as, self-confidence is a feeling that contains the strength, ability and skill to do and produce something based on confidence to succeed.

Self-confidence is an internal control of a person's feeling of strength within himself, awareness of his abilities and being responsible for the decisions he has made by himself. Thus, self-confidence contains a person's beliefs related to strength, self-ability, to do and achieve success and be responsible for what has been determined by himself. Athletes who have self-confidence mean that athletes can perform their tasks well, athletes believe in their ability to acquire the various competencies and skills they need both physically and mentally.

Athletes who have self-confidence always think positively to display something best and allow confidence in themselves that they are able to do so that their performance remains good. Maximum achievement can be achieved by athletes with good physical condition, technique, and tactics, especially self-confidence. The athlete's performance when competing is influenced by a number of components, namely physical, technical, and psychological. One of the psychological aspects that affects the appearance of an athlete in a match is self-confidence. Self-confidence can be interpreted as a mental or psychological condition of a person who gives a strong belief in himself to do or do the best action.

This research was conducted at SMP Negeri 166 Jakarta with a focus on all members of the VOBMMA Volleyball Team (Volley Ball Senamma). The research sample consisted of 52 students who were actively involved in the volleyball team. These team members were chosen as the sample because they regularly participate in volleyball-related training and activities, so that they can provide relevant and accurate data for the purpose of the study. The VOBMMA team itself has been an integral part of SMP Negeri 166 Jakarta since its inception, and the participation of its members in this study is expected to provide in-depth insight into various aspects related to practice, performance, and team development. With the number of members reaching 52 students, this research is expected to produce findings that are representative and useful for the development of extracurricular sports programs at the school. Until now, the VOBMMA Team of SMP Negeri 166 Jakarta has had a series of brilliant achievements including: (1). Second Champion of DKI Jakarta Prov POR Championship (2019), (2). First place in the South Jakarta Inter Girls Volleyball Championship at JIS (2023), (3). Second place in the Inter-Student Men's Volleyball Championship at SMK Pembangunan Jaya (2024)

Based on the background above, it proves that psychological factors are very important in the field of sports. Athletes who have good skills generally have low anxiety and tension, and are not easily depressed, angry, and confused. They instead have a tendency to get high scores in aspects of self-confidence, self-concept, self-esteem, courage, need for achievement, tendency to dominate, aggression, intelligence,

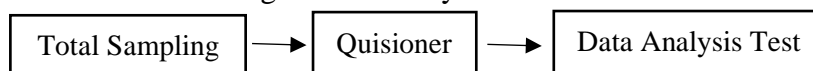
independence, mental tension, independence or autonomy, social ability, personal stability and tendency to extroversion. Therefore, it can be concluded that self-confidence has an important role in the peak performance of volleyball athletes to get their best performance. So the researcher will conduct research with the title The Influence of Self-Confidence on Peak performance Volleyball Athletes of SMP Negeri 166 Jakarta.

## 2 RESEARCH METHODS

In this study the authors used quantitative research methods. According to Sugiyono (2018: 14), quantitative research is a research method based on the philosophy of positivism to examine certain populations or samples, and sampling is done randomly with data collection using instruments, and data analysis is statistical. The quantitative research paradigm is considered a causal relationship between research variables (Sugiyono, 2018). The data collection technique used by researchers to achieve research objectives is to use instruments in the form of questionnaires. In the questionnaire, the researcher used a Likert scale. The Likert scale is often used as a survey research method, where individuals can convey behavior or other responses into several ordinal level categories such as agree or disagree in a continuous level.

The sampling technique in this study was total sampling. Total sampling is a sampling technique where the number of samples is the same as the population. The data collection technique used by researchers to achieve research objectives is to use an instrument in the form of a questionnaire. The scale of this research variable consists of favorable and unfavorable statements, with nine answer options for the self-confidence instrument, namely Strongly Not Agree (SNA), Not Agree (NA), Agree (A), dan Strongly Agree (SA). For the purpose of quantitative analysis, the answer options were quantified or given a weighted score.

The design in this study is as follows :



Picture 1. Research Design

Description:

Total Sampling : Overall sampling technique

Questionnaire : Questionnaire filling by the sample

Data Analysis Test: Statistical Test, Normality Test, Linearity Test, Correlation Test and Regression Analysis Test

Sampling elements are part of the analysis or cases in the population, which can be people, groups, organizations, written documents or symbolic messages, or even social actions. The research population is likened to a vast pond in which there are case elements. The research population is the entire research sample or object to be studied. The population in this study were all members of the Volleyball Team. The sampling technique in this study was total sampling. Total sampling is a sampling technique where the number of samples is the same as the population. The sample in the study were all members of the VOBMMA Volleyball Team (Volley Ball Senamma) who would be studied with a total of 52 students. The instrument or tool used in this study uses the Peak Performance Instrument made by Fakhurri in his research entitled The Effect of Anxiety on Peak Performance in Basketball Athletes at Maulana Malik Ibrahim State Islamic University Malang.

**Tabel 3.2 Blueprint Uji Coba Instrumen *Peak Performance***

Dimensi	Indikator	Item Pernyataan		Total Item
		<i>Favorable</i>	<i>Unfavorable</i>	
1. Mental Rileks	a. Tenang saat bertanding	1	17	2
	b. Bertindak dengan tepat dan cepat	18	19	2
2. Fisik Rileks	a. Tubuh tidak tegang	2	20	2
	b. Tubuh mudah dikoordinasikan	21	3,22	3
3. Optimis	a. Mempercayai kemampuan sendiri	4	5	2
	b. Mempunyai keyakinan	23,24,25	-	3
	c. Tidak memiliki keraguan	26	6	2
4. Terpusat pada kekinian	a. Fokus pada pertandingan	7,27	-	2
	b. Fisik dan psikis berjalan sinergi	28	8	2
5. Berenergi tinggi	a. Siap dalam menghadapi pertandingan	29	9	2
	b. Memiliki semangat untuk bertanding	10,30	31	3
6. Kesadaran yang tinggi	a. Peka terhadap situasi pertandingan	11,32,33	34	4
	b. Sadar akan kemampuan dirisendiri	35	36	2
7. Gerakan yang terkendali	a. Gerakan yang sesuai dilakukan sesuai dengan kehendak	12,37	38	3
	b. Mampu mengontrol gerakan	13	39	2
8. Terhindar dari gangguan	a. Tidak terpengaruh terhadap perasaan atau gangguan internal	14,15	40,41	4
	b. Tidak terpengaruh gangguan-gangguan eksternal	18	42,43	3
<b>TOTAL</b>		<b>25</b>	<b>18</b>	<b>43</b>

The self-confidence instrument used in this study is an instrument made by Raslanang in his research entitled The Effect of Social Support on Self-Confidence in Taekwondo Team X Athletes.

**Tabel 3.4 Blueprint Uji Coba Kepercayaan Diri**

Dimensi	Indikator	Item		Jumlah
		<i>Favorabel</i>	<i>Unfavorabel</i>	
Latihan dan Keterampilan Fisik ( <i>Physical Skills and Training</i> )	Menjalani keahlian yang dibutuhkan/penguasaan teknik	1	-	1
	Persepsi terhadap kesiapan fisik	2	-	1
	Keyakinan mencapai hasil terbaik/berprestasi	3	-	1
Efisiensi Kognitif ( <i>Cognitive Efficiency</i> )	Membuat keputusan yang benar-benar kritis/penting	4	-	1
	Menjalani strategi untuk mencapai kesuksesan	5	-	1
	Konsentrasi yang cukup untuk menjadi sukses	6	-	1
	Meraih tujuan-tujuan kompetitif anda	7	-	1
	Meraih kesuksesan secara konsisten	8	-	1
	Kemampuan untuk bermain dalam kondisi tertekan	9	-	1
	Menyesuaikan diri terhadap situasi yang berbeda dan tetap sukses	10	-	1
Resiliensi ( <i>Resilience</i> )	Bersaing dengan lawan	11	-	1
	Sukses ketika dalam kondisi banyak kesulitan yang anda hadapi	12	-	1
	Cepat pulih kembali dari permainan anda yang buruk	13	-	1
<b>Total</b>				<b>13</b>

The analysis technique in this study is linear regression analysis technique, is to determine the effect between one variable to another. From the results of the linear regression analysis, the calculated F value will be obtained which will be compared with the F table. If the value of F count > F table then there is an influence of the variables studied. Therefore,  $H_a$  is accepted and  $H_o$  is rejected. In addition, the influence between the two variables can be seen in another way, namely by looking at the sig value. If the sig. value is smaller than the  $\alpha$  value then there is an influence.  $Y = a + bX$

Description:

Y : Predicted variable (Peak Performance)

X : Self-Confidence Variable

a : constant number (Peak Performance)

b : predictor coefficient (Self Confidence)

Before testing the hypothesis, it is necessary to conduct a prerequisite test. Testing the measurement data related to the research results aims to help the analysis to be better. For this reason, this study will test the normality of the data.

a. Normality Test

Normality test is an effort to determine whether the research data taken has a normal data distribution or not. The normality test aims to determine whether the distribution of data to be analyzed is normal or not. Testing is carried out depending on the variable to be processed. Testing the normality of data distribution using Shapiro Wilk with the help of SPSS because the number of samples is less than or equal to 50. If sig. > 0.05 then the

data is normally distributed. Conversely, if sig. < 0.05 then the data is not normally distributed.

#### b. Hypothesis Test

Hypothesis testing using the t-test using the help of the SPSS program, namely by comparing between self-confidence to peak performance of SPM Negeri 166 Jakarta volleyball athletes. The hypothesis used is :

Ho:  $\mu = 0$

Ho : There is no significant influence between self-confidence on peak performance of SPM Negeri 166 Jakarta volleyball athletes.

Ha :  $\mu \neq 0$

Ha : There is a significant influence of self-confidence on the peak performance of SPM Negeri 166 Jakarta volleyball athletes.

Description:

Ho: Null Hypothesis

Ha: Alternative Hypothesis

$\mu$  : The coefficient of the influence of self-confidence on peak performance of adolescent age futsal athletes.

### 3 RESULT AND DISCUSSION

This section discusses the research results obtained from a study conducted on all members of the VOBMMA Volleyball Team (Volley Ball Senamma) SMP Negeri 166 Jakarta. The results of this study include the results of descriptive analysis and inferential analysis. Then, the discussion in this chapter is based on the results of the data analysis conducted. Simple Linear Regression Analysis Test (T Test) is conducted to measure the magnitude of the influence of the independent variable (self-confidence) on the dependent variable (peak performance).

#### *T-Test Result*

Table 1. Simple Linear Regression Analysis Test

Model		Unstandardized		Standardized	t	Sig
		B	Std. Error	Beta		
1	(Constant)	16,238	2,928		5,547	,000
	Kepercayaan Diri	3,336	,074	,988	45,045	,000

Based on Table 1. shows the significance value on the self-confidence variable of ,000 <0.05, which means that self-confidence has a significant effect on peak performance. The resulting regression equation is:

$$Y = a + bX$$

$$Y = 16.238 + (3.336 \text{ Self-Confidence})$$

Based on the constant value, it shows that if peak performance is 0 (no self-confidence), then peak performance is 16.238. Based on the regression coefficient value of self-confidence, it shows that every one unit increase in self-confidence is followed by an increase of about 16.238 units in peak performance.

The Coefficient of Determination test is carried out to determine how much contribution the independent variable makes to the dependent variable.

### ***Determination Coefficient Test Results***

Table 2. Test Coefficient of Determination

<b>Model</b>	<b>R</b>	<b>R Square</b>	<b>Adjusted R Square</b>	<b>Std. Error of the Estimate</b>
1	,988	,976	,975	2,88171

Based on the test results in Table 4.6, the coefficient of determination is 0.976, which shows that the self-confidence variable contributes 97.6% to peak performance, while the remaining 2.4% is influenced by other variables outside the study.

From the results of the analysis, it can be seen that self-confidence (X) has a significant effect on peak performance (Y). This confirms that the results successfully answer the formulation of the problem in the study and support the proposed hypothesis. In addition, the results of the analysis also show that the effect of self-confidence (X) on peak performance (Y) is a positive influence. This means that the higher the level of self-confidence, the higher the peak performance of the individual. The results also showed that the self-confidence variable (X) contributed 97.6% to the peak performance variable (Y). Thus, this study makes an important contribution to our understanding of how self-confidence affects peak performance in members of the VOBMMA Volleyball Team (Volley Ball Senamma).

The results of this study are also in line with research conducted by Lestari, A and Dewi, R.C in 2022 which found that self-confidence has a positive relationship with peak performance in basketball athletes in Jombang Regency. These studies are also in line with the results of research conducted by Aulia, F. R in 2022 which states that there is a significant relationship between self-confidence and peak performance, meaning that the higher the athlete's self-confidence, the athlete's peak performance will increase.

Based on the results of the study and supported by previous studies, it states that the peak performance of an athlete is strongly influenced by the level of self-confidence he has. An athlete who feels full of confidence will have high confidence in every action and decision taken, so that this can produce results in accordance with his expectations. Strong self-confidence will eliminate doubts and fears, allowing athletes to give the right and optimal reaction, even when facing tough challenges or tough opponents. Confident athletes also tend to be calmer and more focused in critical situations, ultimately increasing their chances of reaching peak performance.

Low peak performance in an athlete can have a negative impact in various aspects, including physical, mental and emotional. Athletes who experience a drop in performance often feel a drop in confidence, which can lead to a negative cycle where a lack of confidence further exacerbates performance. Decreased performance can also lead to increased levels of stress and anxiety, as athletes feel pressured to return to their optimal performance, which in turn can impair further performance.

### **3 CONCLUSION**

Based on a series of analyzes that have been carried out by researchers after using the SPSS version 26 calculation, it results in a significant influence between self-confidence on peak performance in Volleyball athletes at SMP Negeri 166 Jakarta by 97.6% While as much as 86.7% is influenced by other factors. while the remaining 2.4% is influenced by other variables outside the study. This shows that peak performance is significantly

influenced by the self-confidence factor. An athlete who feels full of confidence will have high confidence in every action and decision taken, so that this can produce results in accordance with his expectations.

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