# Analysis of Confidence Levels of Rich Slalom Rowing Athletes Hours

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**Abstract**

The purpose of this study was to assess the level of confidence of athletes such as fast current slalom. This study uses the ex-post facto methodology. Purposive sampling was used to select 12 athletes consisting of 7 males and 5 females. The questionnaire used for data collection was given to rowing athletes such as heavy current slaloms. The self-confidence instrument is a method used to collect research data. The result is, of the 5 male athletes, the "high" group experienced the greatest growth, or 71%, and of the 5 female athletes, the "medium" category experienced the largest increase, or 100%. A lower percentage of the high category can be found in the very high category. This shows that both male and female athletes have a high level of confidence when competing, according to the data collected from the questionnaire. not too high and not too low. As a result, these athletes still have a reasonable level of confidence when competing.

*Keywords: Confidence, Paddle*

**Pendahuluan**

Sport is a human need that cannot be separated from everyday life because it helps people stay physically, mentally and spiritually healthy. Rowing is a sport. Rowing is a water-based activity involving a boat and rowing equipment. Rowing and canoeing are two styles of rowing. (kayaks and canoes). The traditional category, which uses dragon boats (*dragon boat*).

Athletes must be physically, technically, strategically and mentally prepared for this rowing sport. This depends on the physical demands of the task, such as water resistance, body weight, boat, and distance required. Technically, you have to master rowing techniques and always maintain body balance. To beat an opponent to the finish line, the athlete must be able to control the energy required to cover a certain distance at a consistent pace and even increase it gradually. (Ramadan, 2020).

Kayaking is a competitive rowing sport that has been considered a special sport because it is also a water sport in some circumstances. RecentlyThis kayaks shown as a competitive sport. The first recognized kayaking competition took place in 1866, and the sport was made a demonstration sport at the Paris Olympics in 1924. Later, the sport was entered into competition at the 1936 Berlin Olympics (Akbar Izzuddin et al., 2021).

Kayak slalom is a sport that uses a boat that is different from racing numbers in general. This is due to the many contests and types of boats used, including slalom kayaks with fast currents. Every athlete must master the basics of the slalom technique, but the goal

of this sport is to cross the gate perfectly to the finish line (Rahman et al., 2019).

Everyday competition in sports requires athletes to train to hone their physical skills so that during a game, all athletes have more or less the same physical skills but differ from each other psychologically. The research findings, according to researchers Cox & Yoo, 1995; (in Rahman et al., 2019), shows that the success of an athlete in professional sports is greatly influenced by their psychological skills and physical prowess and game plan. In other words, every aspect of psychological sports competition is an important component, so competitors must have strong psychological skills. Emotional intelligence and self-efficacy are just two of the many topics covered by psychology.

According to Effendi in Purnamasari & Novian (2021) Sports performance is influenced by various psychological factors, such as: self-confidence, achievement motivation, intelligence, independence, aggression, enthusiasm, sense of responsibility, anxiety, and others. According to Lauster in Yulianto & Nashori, (2006), self-confidence is an attitude or feeling of confidence in one's own abilities so that individuals are not too worried about their actions, can feel free to do what they like and are responsible for these actions. action, warm and friendly when interacting with others, and have a desire to succeed (Kusuma, 2018).

Athletes will have confidence if they believe they can achieve their goals because confidence is the result of matches and talent Lumintuarso, (2013). Because playing with muscles alone will not produce the best results, and because playing with the brain alone will not produce the best results, psychological variables must be taken into account (Nisa & Jannah, 2021).

Based on a study in (2020) by Rachmi Marsheilla Agus and Eko Bagus Fahrizqi entitled "Analysis of the Level of Confidence When Competing Pencak Silat Athletes from the True Satria College". The research findings show that both male and female athletes have high levels of confidence when competing, according to the information collected. not too high and not too low. As a result, these athletes still have a reasonable level of confidence when competing. Rowing Number Kayak Slalom Heavy Current which is the dependent variable in this study contains novelty.

Confidence is the belief that an athlete has the innate skills necessary to do well in a competition. According to Agustian and Widayanti (Aguss & Fahrizqi, 2020) argue that "a person who has self-confidence will also be able to make changes in their environment, apart from being able to control and maintain this self-confidence". The justifications provided help show why confidence is necessary for an athlete to produce the desired performance. Based on this, researchers are interested in understanding the level of confidence of rowers like fast-flow slaloms. Therefore, this study highlights the level of self-confidenceathlete rowing number kayak slalom swift current.

**Method**

In this study, the ex-post facto methodology was used in the quantitative research strategy. The population used is rowing athletes as many as 45 people. There were 12 athletes who took part in the purposive sample technique, 7 of them were boys and 5 of them were girls. The current questionnaire was used to collect data, and was administered to rowing competitors such as the heavy slalom. The self-confidence test instrument from Novian Wikas Andrianto's research was used as an instrument to collect research data (2016).

**Results And Discussion**

The findings of this study aim to describe information about the level of confidence of rowing athletes such as fast current slalom as contained in a questionnaire consisting of 35 statements. These statements are divided into two categories, internal factors and external factors, and these categories are further divided into indicators, which include

information about self-concept, self-esteem, physical condition, and experience in internal factors. Environment, work, and education are sub-indicators of external influences.

Table 1. Calculation of Percentage Analysis of Self Confidence Athletes Rowing Numbers Slalom Kayaking Heavy Flow

| Athlete | Score | Shoes Max | % | Category |
|---------|-------|-----------|-----|----------|
| Man | 638 | 980 | 65% | Height |
| Women | 394 | 700 | 56% | Currently |

The percentage confidence level in rowing athletes such as fast current slalom, which is calculated from the data above and presented in the form of a bar chart, is as follows.
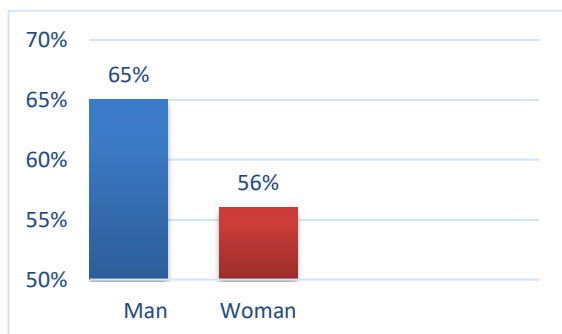


Figure 1. Bar Chart of Self Confidence Athletes Rowing Slalom Kayaking Numbers

Statistical percentage analysis of the level of confidence in men's rowing kayak slalom athletes by 65% in the high category and in women's athletes by 56% in the medium category was obtained from the results of the analysis in table 1 and figure 1 above.

**Analysis of Confidence Levels When Competing Male and Female Athletes**

The frequency distribution is used to display research findings regarding the analysis of the confidence level of athletes in fast current slalom kayaking.

Table 2. Frequency Distribution of Self-Confidence Level Analysis of Slalom Kayaking Athletes

| No | Range | Category | Man | | Woman | |
|----|-------|----------|-----|-----|-------|------|
| | | | F | % | F | % |
| 1 | 81% - 100% | Very high | 0 | 0% | 0 | 0 |
| 2 | 61% - 80% | Height | 5 | 71% | 0 | 0 |
| 3 | 41% - 60% | Currently | 2 | 29% | 5 | 100% |
| 4 | 21% - 40% | Low | 0 | 0% | 0 | 0 |
| 5 | 0% - 20% | Very Low | 0 | 0% | 0 | 0 |
| | | Amount | 7 | 100% | 5 | 100% |

The frequency distribution of the analysis of the athlete's level of confidence in the rowing number like the fast-flowing slalom is presented in the table above, which can be seen in Figure 1 below.
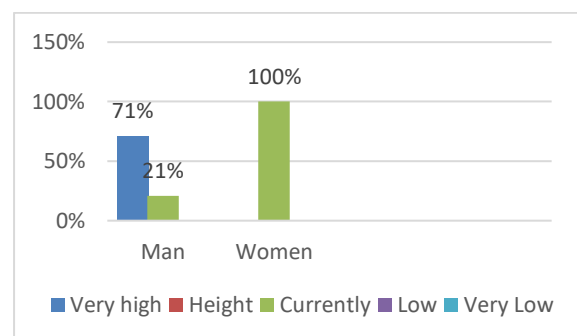


Figure 2. Bar Chart Analysis of Self-Confidence Athletes Rowing Slalom Kayaking Numbers

Based on Table 2 and Figure 2, it can be seen that the confidence level of athletes rowing kayaking slalom fast currents is in the very low category 0%, low category 0%, medium category 29%, and medium. 100% category for female athletes (5 athletes). Meanwhile, the percentage of high-level male athletes was 71% (5 athletes) and the percentage of high-level female athletes was 0%. Furthermore, 0% for the very high group.

a.   Internal factors

The following frequency distribution chart shows the findings of a study on data analysis of the confidence level of athletes rowing hard current slalom kayaking.

Table 3. Frequency Distribution of Self-Confidence Level Analysis of Slalom Kayaking Athletes in Heavy Current Based on Internal Factors

| No | Range | Category | Man | | Woman | |
|---|---|---|---|---|---|---|
| | | | F | % | F | % |
| 1 | 81% - 100% | Very high | 0 | 0% | 0 | 0 |
| 2 | 61% - 80% | Height | 4 | 57% | 1 | 20% |
| 3 | 41% - 60% | Currently | 3 | 43% | 4 | 80% |
| 4 | 21% - 40% | Low | 0 | 0% | 0 | 0 |
| 5 | 0% - 20% | Very Low | 0 | 0% | 0 | 0 |
| Amount | | | 7 | 100% | 5 | 100% |

Based on the information from the frequency distribution table, the following internal criteria are used to analyze the level of confidence of the athletes in the fast current slalom kayaking:
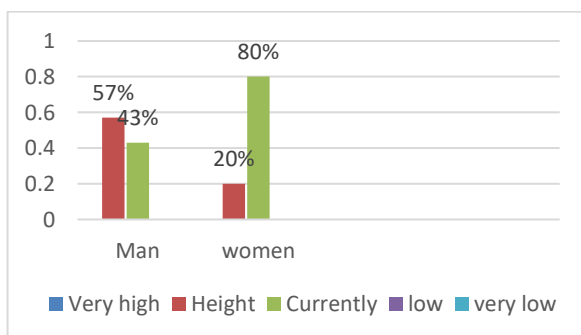


Figure 3. Bar Chart Analysis of Self-Confidence Athletes Rowing Slalom Kayaking Numbers Fast Current Based on Internal Factors

Based on table 3 and figure 3 above, it can be seen that the level of confidence of male athletes in rowing athletes such as fast current slaloms is in the very low category (0%), low category (0%), and medium category (43%), while the level the confidence of female athletes is included in the category (80%). (4 athletes). Male athletes reached 57% of the high category (4 athletes), while female athletes reached 20% of the high category (1 athlete). The very high category for male athletes was then reduced by 0%, and the very

high category for female athletes was also reduced by 0%.

The percentage confidence level of rowing athletes in heavy current slalom kayaking is described as follows in table 4.

Table 4. Calculation of the Percentage Level of Confidence in Rowing Athletes in Heavy Flow Slalom Kayaking Numbers Based on Internal Factors

| Athlete | Score | Shoes Max | % | Category |
|---|---|---|---|---|
| Son | 253 | 364 | 70% | Height |
| Daughter | 138 | 260 | 53% | Currently |

Information Analysis The level of confidence of athletes rowing numbers kayaking slalom fast currents is taken from the percentage calculation table above, and if presented in the form of a bar chart is based on internal considerations, specifically as follows.
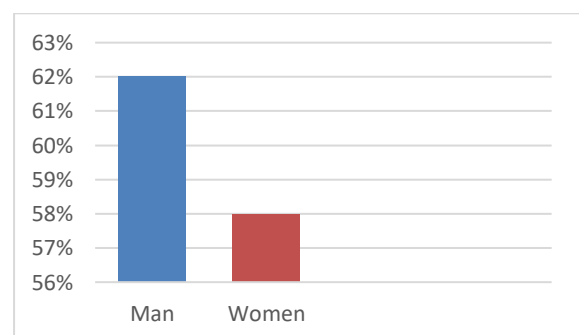


Figure 4. Bar Chart Percentage Analysis of Confidence Level of Rowing Athletes Slalom Kayaking Numbers Fast Current Based on Internal Factors

b.  External Factors

The findings of the analysis of the level of confidence of athletes rowing kayaking slalom fast currents are shown in the following frequency distribution table.

Table 5. Frequency Distribution of Athletes' Confidence Level Analysis Based on External Factors

| No | range | Category | Son | | Daughter | |
|----|-------|----------|-----|-----|----------|-----|
| | | | % | F | % | |
| 1 | 81% - 100% | Very high | 0 | 0% | 0 | 0 |
| 2 | 61% - 80% | Height | 7 | 100% | 0 | 0% |
| 3 | 41% - 60% | Currently | 0 | 0% | 5 | 100% |
| 4 | 21% - 40% | Low | 0 | 0% | 0 | 0 |
| 5 | 0% - 20% | Very low | 0 | 0% | 0 | 0 |
| | Amount | | 7 | 100% | 5 | 100% |

Testing the confidence level of rowing athletes in fast current slalom kayaking is presented in the bar chart in the following figure using data from the frequency distribution table.
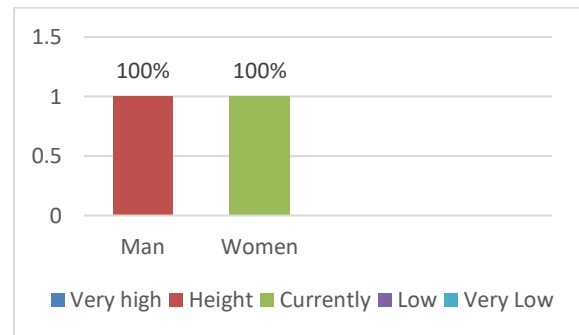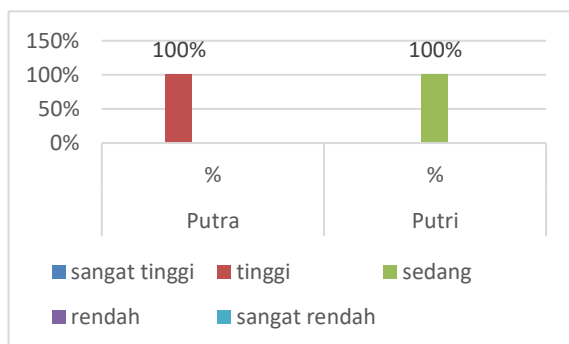




Figure 5. Bar Chart Analysis of Confidence Level of Rowing Athletes Numbers Slalom Kayak Fast Current External Factors

The results of the analysis of the level of confidence in rowing athletes such as heavy current slalom based on external factors are in the very low, low, and very high categories of 0% (0 athletes), but for the high category in athletes, male athletes are 100% (7 athletes), and for female athletes by 0%. This is shown in table 5 and figure 5 as shown above (0 athletes). There are 0 athletes in the medium category for male athletes, while 100% for female athletes. (5 athletes). A study of the percentage of confidence level of rowing athletes in swift slalom kayaking is presented as follows in table 6.

Table 6. Calculation of the Percentage Level of Confidence in Rowing Athletes in Heavy Current Slalom Kayaking Based on External Factors

| Athlete | Score | Shoes Max | % | Category |
|---------|-------|-----------|-----|----------|
| Son | 253 | 364 | 70% | Height |
| Daughter | 138 | 260 | 53% | Currently |

Data Analysis of the Confidence Level of Rowing Athletes in the fast current slalom kayak is based on external factors, namely as follows, and is taken from the percentage calculation table above when displayed in the form of a bar chart.
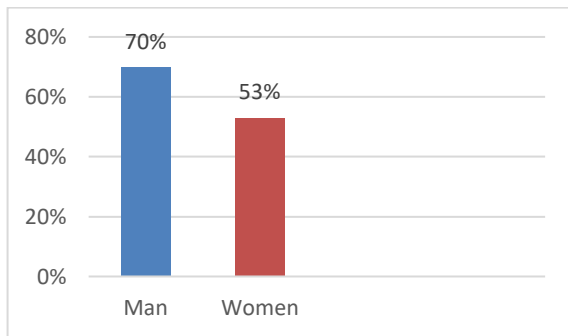
Figure 6. Bar Chart of Percentage Analysis of Confidence Level of Rowing Athletes Numbers Slalom Kayaking Strong Flow Based on External Factors

"Analysis of the Level of Confidence When Competing Pencak Silat Athletes from the True Satria College" is the research title (rachmi & eko, 2020). This study intends to assess the level of confidence of competitors among true combat martial arts athletes. Descriptive quantitative research methodology was applied in this study. A total of 24 people make up the population, all of whom are true warrior academy martial athletes. The sampling method uses a saturated sampling strategy, meaning that all samples represent the population.

The self-confidence questionnaire determined by each aspect is a research tool. Methods of data analysis using a quantitative descriptive analysis approach. According to the findings, of the 8 male athletes, the "tall" group had the most gains (61.53%), and of the 9 female athletes, the "tall" category had the greatest gains (81.81%). A lower percentage of the high category can be found in the very high category. This shows that both male and female athletes have a high level of confidence when competing, according to the data collected from the questionnaire. not too high and not too low. As a result, these athletes still have a reasonable level of confidence when competing.

Due to intense competition between athletes to win championships and be the best, confidence is a component that can motivate players to be more confident and perform optimally. Without practice and practice done in the field, skills will not improve.

Consequently, athletes need to practice to build confidence. Self-confidence is the degree of certainty that a person has about his ability to succeed in athletics.

**Conclusion**

The explanation above leads to the conclusion that indications of self-concept, self-esteem, and physical condition play a role in the role of internal elements to achieve achievement. All three show that the internal elements that influence self-confidence are in the high category for male athletes and the medium category for female athletes. Three indicators, especially those related to education, employment and a healthy environment, play a role in the influence of external variables. Male athletes are more confident than female athletes, who are in the middle confidence range.

In terms of internal and external elements, it is known that the confidence level of rowing athletes is in the high category for male athletes and the medium category for female athletes. That is, the analysis of the level of confidence of athletes like fast-flowing slalom is not bad. the importance of having confidence for athletes to do their best. The athlete is very confident when competing. A person can be said to have the highest level of self-confidence if he is able to control himself while playing. The best level of self-confidence can motivate someone to work harder and achieve more. On the other hand, if a person is unable to maintain self-control while competing, he or she lacks strong motivation, has mediocre skills, and cannot produce the best results.

**SUGGESTION**

Athletes are required to have self-control and high self-confidence during competition in order to perform optimally. For coaches to be able to observe athletes and gauge their level of confidence. For other researchers, in order to continue to improve their research by utilizing various factors when conducting additional research.

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