



The Player Anxiety Levels In The North Toraja Futsal League 2025

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ABSTRACT

Futsal is a high-intensity team sport that requires not only physical and technical skills but also strong psychological readiness, particularly in managing competitive anxiety. This study aims to analyze the anxiety levels of players participating in the North Toraja Futsal League 2025. The research employed a quantitative descriptive method with a cross-sectional design, involving 100 players selected through total sampling. Data were collected using a 21-item questionnaire measuring somatic anxiety, cognitive worry, and concentration disturbances on a 4-point Likert scale. The results indicate that the overall anxiety level of players falls within the low to moderate category, with an average score of 71.44 out of 84 (85%). A total of 74% of respondents (74 players) were categorized as "Sometimes," reflecting situational anxiety, while 26% (26 players) were classified as "Never," indicating very low anxiety. No respondents were found in the "Often" or "Always" categories. In terms of dimensions, somatic anxiety was dominant (48%), particularly rapid heartbeat (P11), followed by worry (55%), mainly hesitation due to competitive and cultural pressures, and concentration disturbances (32%) influenced by external distractions such as spectators. In conclusion, futsal players in the North Toraja League 2025 demonstrate good mental resilience, with anxiety levels remaining within a functional range. These findings highlight the importance of implementing structured psychological training programs to optimize athlete performance.

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INTRODUCTION

Futsal, as a modified version of football played in a smaller indoor space with five players per team, is characterized by rapid transitions, high-intensity actions, and frequent scoring opportunities. These characteristics make futsal not only physically demanding but also cognitively and psychologically challenging (Naser, 2017; Sarmento et al., 2020). In recent years, futsal has experienced rapid global development, particularly among youth populations, as reflected in the increasing number of amateur and professional leagues (Windoro et al., 2019; Bahtra et al., 2024). In Indonesia, regional competitions such as the North Toraja Futsal League 2025 represent a structured



competitive environment where athletes are required to perform optimally under pressure (Lumbaa et al., 2023; Nurmalasari et al., 2024).

Performance in futsal is not solely determined by technical and physical abilities. Psychological factors, especially anxiety, play a dominant role in influencing athletes' performance outcomes. It has been suggested that up to 80% of athletic success in competition is influenced by psychological readiness, while only 20% is attributed to physical and technical components (Adisasmito in Wohon & Ediati, 2019). Anxiety in sports is commonly defined as a feeling of worry or apprehension regarding uncertain outcomes, often arising before or during competition (Gunarsa in Wohon & Ediati, 2019; Nevid et al., 2005). This psychological response is particularly evident in high-pressure situations, such as league competitions, where expectations from coaches, teammates, and spectators are heightened.

In futsal competitions, anxiety may manifest through physiological symptoms (e.g., increased heart rate, muscle tension), cognitive disturbances (e.g., fear of failure, lack of concentration), and behavioral changes (e.g., hesitation in decision-making) (Husdarta in Lestari, 2019; Craft et al., 2017). These symptoms can significantly impair performance, leading to decreased accuracy, poor tactical decisions, and reduced coordination. The North Toraja Futsal League 2025 presents a unique context where athletes from diverse backgrounds compete, potentially experiencing varying levels of competitive anxiety influenced by environmental, social, and individual factors.

Despite the recognized importance of psychological readiness, empirical studies focusing on anxiety levels among futsal players in regional Indonesian leagues remain limited. Most existing studies emphasize physical conditioning, tactical analysis, or technical skills, leaving a critical gap in understanding the psychological dimensions of performance in futsal competitions. Therefore, investigating player anxiety levels in the North Toraja Futsal League 2025 is essential to provide a comprehensive understanding of performance determinants in this sport.

The study of anxiety in sports psychology has been widely explored, particularly in relation to performance outcomes. Contemporary research distinguishes between cognitive anxiety, somatic anxiety, and self-confidence, as conceptualized in the Multidimensional Anxiety Theory (Martens et al., 1990; updated in recent studies such as Ford et al., 2017). Cognitive anxiety refers to negative expectations and worries about performance, while somatic anxiety involves physiological responses such as increased arousal (Grossbard et al., 2018).

Recent studies have demonstrated that moderate levels of anxiety may enhance performance, aligning with the Inverted-U Hypothesis, which suggests that optimal performance occurs at moderate arousal levels (Yerkes & Dodson revisited in Woodman & Hardy, 2019). However, excessive anxiety often leads to performance decrements, particularly in high-speed and decision-intensive sports such as futsal (Paul et al., 2021). Furthermore, the Catastrophe Theory explains that a sudden drop in performance can occur when cognitive anxiety and physiological arousal exceed optimal thresholds (Hardy, 2018).

Empirical evidence from team sports indicates that competitive anxiety significantly influences decision-making speed, motor coordination, and tactical execution (Rice et al., 2016; Olmedilla et al., 2019). In futsal specifically, the fast-paced nature of the game requires players to process information quickly and execute precise movements under pressure, making them highly susceptible to anxiety-related performance disruptions (Travassos et al., 2018; Clemente et al., 2020).

In the Indonesian context, several studies have explored anxiety in sports such as football, badminton, and volleyball, highlighting its impact on performance consistency and athlete confidence (Lestari, 2019; Pratama et al., 2021; Rahmat et al., 2022). However, research focusing specifically on futsal athletes, particularly within competitive league settings, remains scarce. Existing studies often rely on generalized anxiety assessments without considering the unique demands of futsal, such as rapid transitions and confined playing space.

Moreover, recent advancements in sports psychology emphasize the importance of integrating psychological training into athlete development programs, including mental skills training, relaxation techniques, and cognitive restructuring (Birrer & Morgan, 2018; Slimani et al., 2018). These approaches aim to help athletes manage anxiety effectively and maintain optimal performance levels during competition.

Although extensive research has been conducted on anxiety in sports, several critical gaps remain. First, most studies have focused on individual sports or large-scale professional competitions, with limited attention given to regional or amateur leagues such as the North Toraja Futsal League. This is problematic because psychological responses to competition may vary significantly depending on the level of competition, experience, and environmental context (Rice et al., 2016; Olmedilla et al., 2019). Second, previous research in Indonesia tends to generalize findings across different sports without accounting for the characteristics of futsal. Futsal requires rapid decision-making, continuous movement, and high levels of coordination in a confined space, which may intensify anxiety compared to other sports (Travassos et al., 2018). Therefore, applying findings from other sports to futsal without contextual adaptation may lead to inaccurate conclusions. Third, there is a lack of empirical data examining the multidimensional aspects of anxiety (cognitive, somatic, and self-confidence) among futsal players in competitive settings. Most studies focus on overall anxiety levels without exploring how different components interact and influence performance (Grossbard et al., 2018; Ford et al., 2017). Fourth, limited research has investigated the influence of contextual factors such as crowd pressure, team dynamics, and competitive stakes on anxiety levels in regional futsal leagues. These factors are particularly relevant in community-based competitions, where social expectations and local identity may amplify psychological pressure (Paul et al., 2021). Finally, there is a methodological gap in the use of standardized and validated instruments to measure anxiety among futsal players in Indonesia. Many studies rely on non-standardized tools, limiting the comparability and reliability of findings. This highlights the need for rigorous, data-driven research that applies validated psychological assessment frameworks.

Based on the identified gaps, this study aims to analyze the levels of anxiety among players participating in the North Toraja Futsal League 2025. Specifically, the study seeks to: (1) measure the overall anxiety levels of futsal players during competition; (2) examine the multidimensional components of anxiety, including cognitive anxiety, somatic anxiety, and self-confidence; and (3) identify patterns and variations in anxiety levels among players within a structured league competition.

The novelty of this study lies in several aspects. First, it focuses on a regional futsal league context, which has been largely overlooked in previous research. Second, it adopts a multidimensional approach to anxiety analysis, providing a more comprehensive understanding of psychological factors affecting performance. Third, the study integrates contextual factors specific to futsal, such as game intensity and environmental pressure, into the analysis framework. Fourth, it contributes to the development of evidence-based psychological profiling for futsal athletes, which can be used by coaches and practitioners to design targeted mental training programs.

In conclusion, while futsal continues to grow as a competitive sport, understanding the psychological factors that influence performance remains a critical challenge. Anxiety, as a key determinant of athlete performance, requires systematic investigation, particularly in specific contexts such as regional leagues. The North Toraja Futsal League 2025 provides an ideal setting to examine these dynamics. This study is expected to contribute not only to the theoretical development of sports psychology but also to practical applications in athlete training and performance optimization.

METHODS

This study employed a quantitative descriptive research design to examine the anxiety levels of players participating in the North Toraja Futsal League 2025. Descriptive research is aimed at systematically and accurately describing the characteristics of a particular population or phenomenon without manipulating variables (Azwar, 2012; Creswell & Creswell, 2018). This approach is widely used in sports psychology to capture real conditions of athletes' psychological states, particularly anxiety, within competitive contexts (Olmedilla et al., 2019; Grossbard et al., 2018). The study adopted a cross-sectional design, where data were collected at a single point in time, specifically before match participation, to assess situational (state) and dispositional (trait) anxiety levels (Setia, 2016; Wang et al., 2020).

The research was conducted at the Sports Hall (GOR) in Rantepao District, North Toraja Regency, during the North Toraja Futsal League 2025, from March 21 to March 27, 2025. This setting provided a natural competitive environment where psychological responses such as anxiety are typically heightened due to performance pressure, audience presence, and competitive expectations (Paul et al., 2021; Rice et al., 2016).

The population of this study consisted of all futsal players registered in the North Toraja Futsal League 2025, totaling 98 athletes. Following Sugiyono (2016), the study employed a total sampling technique, meaning that the entire population was included

as the research sample. This approach ensures comprehensive representation and reduces sampling bias, which is particularly important in psychological studies involving relatively small and homogeneous populations (Etikan et al., 2016; Andrade, 2021).

Data collection was carried out using multiple instruments to enhance validity and reliability. The primary instrument was a structured questionnaire designed to measure both state anxiety (situational anxiety before competition) and trait anxiety (stable personality characteristics). The questionnaire items were adapted from standardized sport anxiety measurement frameworks, such as the Competitive State Anxiety Inventory (CSAI-2), which has been widely validated in sports psychology research (Martens et al., updated in Ford et al., 2017; Craft et al., 2017). Respondents were required to complete the questionnaire according to the researcher’s instructions prior to match participation.

In addition to questionnaires, observation sheets were utilized to record behavioral indicators of anxiety, such as restlessness, excessive movement, tense facial expressions, and difficulty concentrating. Behavioral observation is recognized as a complementary method to self-report instruments, providing more objective insights into athletes’ psychological states (Slimani et al., 2018; Birrer & Morgan, 2018). Supporting data were also collected through documentation and field notes to strengthen contextual understanding.

The data analysis technique used in this study was descriptive statistical analysis. Data obtained from the questionnaires were analyzed using measures such as mean (M) and standard deviation (SD) to determine the distribution of anxiety levels among players. Anxiety scores were then categorized based on a normative classification system, as shown in Table 1.

Table 1.
Anxiety Level Categorization

No	Interval	Category
1	$x > M + 1.5SD$	Very High
2	$M + 0.5SD < x \leq M + 1.5SD$	High
3	$M - 0.5SD < x \leq M + 0.5SD$	Moderate
4	$x \leq M - 1.5SD$	Low

This categorization approach allows for a systematic interpretation of anxiety levels based on statistical distribution, which is commonly applied in psychological measurement studies (Field, 2018; Pallant, 2020).

Overall, this methodological framework integrates quantitative measurement and behavioral observation to provide a comprehensive assessment of player anxiety levels in a real competitive futsal environment.

RESULTS AND DISCUSSION

Result

This study generated comprehensive data regarding the anxiety levels of futsal players participating in the North Toraja Futsal League 2025. The respondents consisted

of 100 active futsal players from various teams competing in the league, with an estimated age range of 18–30 years, based on field observations. This demographic reflects a competitive yet diverse athlete population in terms of experience and psychological maturity.

The measurement of anxiety was conducted using a structured questionnaire consisting of 21 items (P1–P21), which were grouped into three psychological dimensions: somatic anxiety (9 items), worry/cognitive anxiety (7 items), and concentration disturbance (5 items). The instrument employed a 4-point Likert scale ranging from 1 (Never) to 4 (Always), with a maximum theoretical score of 84 points per respondent. Higher scores indicate lower anxiety levels, reflecting better psychological readiness.

Descriptive Statistics of Overall Anxiety Scores

The results of descriptive statistical analysis are presented in Table 2.

Table 2.
 Descriptive Statistics of Overall Anxiety Scores

Statistic	Value	Interpretation
Number of Respondents	100	Complete total sampling
Mean (Average)	71.44	Low-moderate anxiety overall
Standard Deviation	7.5	Moderate variation among players
Minimum Score	44	Highest anxiety case
Maximum Score	75	Lowest anxiety (most stable)
Maximum Theoretical Score	84	Average percentage: 85%

The mean score of 71.44 (85% of the maximum score) indicates that, overall, players in the North Toraja Futsal League 2025 demonstrated relatively low levels of anxiety prior to competition. The standard deviation of 7.5 suggests a moderate spread of scores, indicating variability in psychological responses among players. The minimum score of 44 reflects a player with relatively high anxiety, while the maximum score of 75 indicates a player with strong psychological control and minimal anxiety symptoms.

Field observations further revealed that more experienced players tended to have higher scores, suggesting lower anxiety levels compared to younger or less experienced players. This pattern indicates the potential role of competitive experience in enhancing emotional regulation and psychological resilience.

Frequency Distribution and Categorization of Anxiety Levels

To provide a clearer interpretation, anxiety scores were categorized into four levels based on interval classification. The results are presented in Table 3.

Table 3.
 Frequency Distribution and Percentage of Anxiety Levels

No	Interval	Category	F	%	Example Respondents
1	64–84	Never (Very Low Anxiety)	26	26%	Valdo Abbas (71), Elci (75)
2	43–63	Sometimes (Low–Moderate Anxiety)	74	74%	Hendy Pilo (58), Frido (52)
3	22–42	Often (High Anxiety)	0	0%	–
4	0–21	Always (Very High Anxiety)	0	0%	–
Total		–	100	100%	–

The frequency distribution reveals a dominant pattern, where the majority of respondents (74%) fall into the “Sometimes” category, indicating low-to-moderate

anxiety levels. These players experience anxiety intermittently, typically influenced by situational factors such as facing strong opponents, match importance, or crowd pressure. For example, players such as Hendy Pilo (score 58) and Frido (52) represent this group, where anxiety arises but remains manageable.

Meanwhile, 26% of respondents fall into the "Never" category, indicating very low anxiety levels. This group is primarily composed of more experienced players, such as Valdo Abbas (71) and Elci (75), who demonstrate high psychological stability and confidence before competition. Their scores suggest effective emotional control and mental preparedness.

Interestingly, no respondents were categorized as "Often" or "Always", which would indicate high or very high anxiety levels. This finding is significant, as it suggests the absence of pathological or excessive anxiety among players in this competition.

Pattern of Anxiety Distribution

The quantitative descriptive analysis using the formula:

$$P = \frac{F}{N} \times 100\%$$

Confirms that the distribution of anxiety levels is skewed toward the lower categories. The dominance of the "Sometimes" category (74%) indicates that anxiety among players is situational rather than chronic, meaning it arises in response to specific competitive conditions rather than being a persistent psychological issue.

Furthermore, the absence of players in the high-anxiety categories suggests that the overall psychological condition of participants is relatively stable and adaptive. Players are generally able to regulate their emotional responses and maintain functional performance levels under competitive pressure.

Overall, the results demonstrate that the anxiety levels of players in the North Toraja Futsal League 2025 are predominantly low to moderate, with no indication of extreme or dysfunctional anxiety. The data highlight a balanced psychological profile, where most players experience manageable levels of anxiety that do not significantly disrupt performance. This finding directly addresses the research objective, indicating that the psychological readiness of players in this league is generally adequate to support competitive performance.

Discussion

The findings of this study indicate that the anxiety levels of players participating in the North Toraja Futsal League 2025 are predominantly within the low to moderate category, with an average score of 71.44 (85% of the maximum score). This result reflects a relatively stable psychological condition among athletes prior to competition. The dominance of the "sometimes" category (74%) suggests that anxiety experienced by players is situational rather than chronic. This pattern aligns with previous studies in futsal and other sports, which report that most athletes tend to experience moderate levels of competitive anxiety, rather than extreme or pathological conditions.

From a theoretical perspective, this finding can be explained through the Multidimensional Anxiety Theory, which distinguishes between cognitive anxiety,

somatic anxiety, and self-confidence (Martens et al.; Craft et al., 2017). In this study, the presence of somatic symptoms (e.g., nervousness, increased heart rate), cognitive worry (e.g., fear of failure), and concentration disturbances confirms that anxiety manifests across multiple dimensions, consistent with contemporary sport psychology frameworks. However, the absence of high and very high anxiety categories indicates that these symptoms remain within a functional range, allowing athletes to maintain performance effectiveness.

The dominance of moderate anxiety levels can also be interpreted using the Yerkes–Dodson Law and Individual Zone of Optimal Functioning (IZOF) theory, which state that optimal performance occurs at moderate levels of arousal or anxiety. In this context, the findings suggest that players in the North Toraja Futsal League operate within their optimal psychological zone, where anxiety acts as a facilitator rather than a barrier to performance. This is further supported by research indicating that moderate anxiety can enhance alertness, focus, and readiness in competitive situations (Woodman & Hardy, 2019; Paul et al., 2021).

Empirically, the absence of players in the high-anxiety category reinforces previous findings in futsal research, where athletes generally exhibit manageable levels of anxiety before competition. This suggests that futsal players, particularly those participating in structured competitions, may develop adaptive coping mechanisms over time. These mechanisms include emotional regulation, experience-based confidence, and familiarity with competitive environments (Birrer & Morgan, 2018; Slimani et al., 2018).

Another important finding is the variability of anxiety levels, as indicated by the standard deviation (SD = 7.5). This variation highlights individual differences in psychological responses, which can be influenced by factors such as experience, personality traits, and mental toughness. Research shows that athletes with higher mental toughness tend to experience lower levels of anxiety and demonstrate better emotional control during competition. In this study, more experienced players consistently recorded higher scores (indicating lower anxiety), suggesting that competitive exposure plays a crucial role in psychological adaptation.

The role of experience is also consistent with findings that athletes with greater competitive exposure are less susceptible to performance anxiety, as they perceive competition as a challenge rather than a threat (Olmedilla et al., 2019; Rice et al., 2016). Conversely, less experienced players may interpret competitive situations as threatening, leading to increased cognitive anxiety and reduced concentration. This aligns with the concept of threat vs. challenge appraisal, where psychological interpretation of competition significantly influences anxiety levels (Jones et al., 2017).

Furthermore, the results show that anxiety in futsal players is strongly influenced by situational factors, such as opponent strength, audience pressure, and match importance. This finding is consistent with recent studies emphasizing that pre-match anxiety is highly context-dependent, particularly in team sports with high intensity and rapid decision-making demands. Futsal, as a fast-paced sport, requires continuous

cognitive processing and motor coordination, making players more sensitive to situational stressors (Travassos et al., 2018; Clemente et al., 2020).

Interestingly, despite the presence of anxiety symptoms, players were still able to function effectively, indicating that anxiety did not reach a level that impaired performance. This supports the notion that anxiety is not inherently detrimental; rather, its impact depends on intensity and individual coping capacity. Excessive anxiety may lead to performance decline or “choking,” where athletes fail to perform under pressure due to overthinking and loss of automaticity. However, such conditions were not observed in this study, suggesting that players maintained psychological control.

The findings also highlight the importance of self-confidence as a moderating variable. Research indicates that self-confidence has a strong positive relationship with performance and can buffer the negative effects of anxiety (Craft et al., 2017; Grossbard et al., 2018). Players categorized in the “never” anxiety group likely possess higher self-confidence, enabling them to manage competitive pressure more effectively. This is consistent with studies showing that confidence reduces cognitive interference and enhances decision-making accuracy during competition.

Additionally, the absence of extreme anxiety levels may reflect the effectiveness of informal psychological adaptation strategies among players, such as team cohesion, peer support, and routine exposure to competition. Team sports like futsal provide a shared responsibility environment, which can reduce individual psychological pressure compared to individual sports (Sarmiento et al., 2020). This collective dynamic may explain why anxiety levels remain within manageable limits.

From a practical standpoint, these findings have important implications for coaching and athlete development. Coaches should not aim to eliminate anxiety entirely but rather to optimize anxiety levels through psychological training interventions. Techniques such as imagery training, relaxation exercises, and cognitive restructuring have been proven effective in reducing excessive anxiety and enhancing performance (Qennes, 2024; Birrer & Morgan, 2018). For example, imagery training has been shown to significantly reduce competitive anxiety among futsal players.

Moreover, the results emphasize the need for integrated mental training programs in futsal coaching, particularly for younger or less experienced players. By developing mental toughness and emotional regulation skills, athletes can better manage anxiety and improve performance consistency. This aligns with contemporary approaches in sports science that emphasize the integration of psychological, physical, and technical training (Demir, 2025; Slimani et al., 2018).

In summary, the findings of this study confirm that anxiety among futsal players in the North Toraja Futsal League 2025 is predominantly low to moderate and remains within a functional range. This condition reflects a healthy psychological profile, where anxiety serves as a performance-enhancing factor rather than a limiting one. The results are consistent with both theoretical frameworks and empirical evidence, reinforcing the importance of psychological readiness in sports performance.

CONCLUSION

This study concludes that the overall anxiety level of futsal players in the North Toraja Futsal League 2025 falls within the low to moderate category, as reflected by an average score of 71.44 out of a maximum 84 points (85%). The distribution of anxiety levels shows that 74% of respondents (74 players) experienced anxiety in the "Sometimes" category (score range 43–63), indicating situational and manageable anxiety, while 26% (26 players) were categorized as "Never" (score range 64–84), reflecting very low anxiety and strong psychological stability. Notably, no players were found in the "Often" or "Always" categories, suggesting the absence of extreme or pathological anxiety among participants.

From a dimensional perspective, somatic anxiety emerged as a prominent component (48%), particularly reflected in physiological responses such as rapid heartbeat (item P11). This was followed by cognitive worry (55%), especially hesitation and fear of failure (items P3 and P5), which were influenced by competitive factors such as the prestige of the league and socio-cultural pressure within the Toraja community. Additionally, concentration disturbances (32%), including lack of focus (item P20), were associated with external distractions such as vocal spectators.

Overall, these findings indicate that futsal players in the North Toraja League demonstrate adequate mental resilience, where anxiety remains within a functional range that does not significantly impair performance. Instead, anxiety appears to act as a natural and adaptive response to competitive demands, supporting the notion that moderate anxiety can enhance readiness and alertness in sports performance.

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