

Analysis of Concentration Levels, Anxiety and Gating Strokes in Aceh-North Sumatra Pon Athletes in Aceh Province Woodball Sports in 2024

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Abstract. When hitting the gate (gating), of course, many other factors will affect whether a player can hit the ball correctly or not towards the gate, such as concentration and anxiety. This study aims to describe the level of concentration, anxiety level, and level of getting shots owned by Aceh woodball athletes. This research provides an overview of what is being studied and measured with certainty. The approach used is a quantitative approach. The sample of this study consisted of all woodball athletes. Centralized PON preparation was done by as many as 10 people using total sampling techniques, including data collection techniques such as concentration tests, anxiety questionnaires, and Gating shot tests. The data obtained was then analyzed using the concentration test norms questionnaire answer values, calculating the average value and percentage. This study concludes that the concentration level with an average of 18.7 is in the good category. Anxiety level with an average value of 101.7 is in the moderate category. The level of gating punch ability with an average value of 19.9 is sufficient. Advise athletes to undergo training seriously, diligently, and consistently to produce optimal techniques for supporting achievement.

Keywords: Analysis; Concentration; Anxiety; Gating.

INTRODUCTION

Sport is a series of regular and planned physical movements to maintain and improve movement abilities and aims to maintain one's quality of life. This aligns with what is mandated in the National Sports System Law No 3 of 2005: "Sports are all systematic activities to encourage, foster, and develop physical, spiritual and social potential". According to [1], "Exercising or doing regular physical activity can reduce the risk of chronic disease, reduce stress and depression, increase emotional well-being, energy levels, self-confidence and satisfaction with social activities".

Sports achievement is a sport that fosters and develops athletes specifically in a programmed and tiered manner through competitions. Furthermore, athletes who can improve their achievements will be included in dormitories and special training places so that they can be further fostered to achieve higher achievements with the support of more modern sports science and

technology. The development of sports science and technology is an increase in the quality and quantity of knowledge and technology that aims to utilize the methods and theories of science that have been proven correct.

This is, of course, to improve the function, benefits, and application of existing science and technology or to produce new technology. The author [2] says that in the scope of sports achievement, the goal is to create the highest possible achievement. This means that various parties should strive to synergize the dominant things that influence the improvement of achievements in sports. Woodball sport is a growing sport in Indonesia. Woodball was first introduced in Indonesia in 2006 and has developed in many provinces, such as Java, Bali, Sumatra, and Kalimantan. Woodball is a game that individuals and groups play.

Woodball was first invented in 1990 by Mr. Ming-Hui Weng and Mr. Kuang-Chu Young,

Taiwanese nationals. Woodball sport can be played on grass or sand. This game has almost the same characteristics as golf, where the goal is to put the ball into a predetermined target with the least number of strokes possible. The tools used in the woodball branch are a wooden ball, bat (mallet) and goal (gate). Woodball games can be played on various fields by entering the ball using a mallet straight towards the centre of the goal (gate). If, in the real game, there is a predetermined trajectory.

There are usually several tracks, where after finishing hitting on one track, players can continue on the next track. For game rules, each player can hit the ball until it crosses the centre point of the goal (gate) in one track. The fewer the number of hits, the greater the points earned. However, if the ball goes off the track, it will get a penalty, namely an additional one-point penalty. The victory in the woodball branch is determined by adding up all the strokes from 24 gates, or what is commonly called a fairway, so that the player who has the smallest number of strokes will be considered the winner.

In woodball, basic technique is one of the foundations for athletes to play well. These basic techniques include techniques without tools and with tools. Techniques without tools include swinging movements, setup (preparation), and pressing routines without tools. At the same time, the techniques with tools are pressing routines with tools (mallet), long-distance hitting techniques, medium-distance hitting, close-range hitting, and gating or hitting towards the gate. One of the basic techniques that must be mastered well by a woodball player is a blow towards the gate (gating). In the game of woodball, a blow towards the gate is always used to complete the game in each fairway. The 12 fields are gating with a minimum distance of 3 meters; therefore, it is very important for a woodball player to master this technique well.

When hitting a shot towards the gate (gating), many other factors will affect whether or not a player can hit the ball correctly towards the gate, as stated by [3]. These factors include the direction of the shot, concentration, anxiety, improper ball contact, and mallet swing instability during the shot. This shows that athletes need to concentrate on performing the gating punch technique so that the target of the punch will not change. Concentration is the ability of athletes to maintain focus on activities in an environment or

atmosphere when the environment changes rapidly.

Suppose the resulting gating shot is not good. In that case, it will certainly make the athlete lose concentration, and the level of self-confidence decreases, resulting in excessive anxiety, especially with a good opponent's gating shot. In Aceh woodball athletes, the reality is that athletes often lose focus or are fooled by friends' games during training and competition; athletes are also often anxious when hitting a gating shot. They think that if the punch doesn't go in or the ball hits the pole, it is out of the field or the boundary, giving rise to doubts. Some athletes also still have disturbed concentration due to conversations between fellow players.

Furthermore, some athletes are still nervous, so their confidence is lost because they think about how to hit the right and right gating shots. Researchers see when woodball athletes experience anxiety that is very visible from the look on their faces, are not calm, and find it difficult to re-concentrate. Each athlete has a small note containing a planning plan for each track. On each track, the athlete already has a target point to be achieved, and when the athlete takes a shot on each track, the athlete always sees the strategy written in a small note. Still, athletes often ignore the planning plan due to several factors, one of which is the ambition to beat the points achieved by their opponents. According to [4], "the higher the athlete's anxiety level, the lower the points obtained from the gating stroke".

Woodball sports training athletes are one of the sports prepared to face the big National Sports Week (PON) event in 2024 Aceh-North Sumatra. The goal at Pelatdakan is for athletes to train optimally because they are always under supervision, starting with food portions, training, and rest. Based on the explanation above, the author will conduct research on concentration, anxiety, and gating blows on Pelatda athletes in woodball sports in Aceh Province, which can be used as a benchmark for athletes who are ready to compete to face PON XXI in 2024 Aceh-North Sumatra.

METHOD

This study uses a quantitative approach with an analysis-shaped method. The author [5] states that quantitative data is a research method based on positivistic or concrete data, research data in

the form of numbers that will be measured using statistics as a calculation test tool related to the problem under study to produce a conclusion ". This type of research is quantitative analysis, data collection using a series of research instruments in the form of tests or questionnaires. The quantitative approach will emphasize the results of the average diversity that exists. The quantitative approach is seen as exploratory and inductive.

The research location is where researchers conduct research, especially in capturing phenomena or research from the object under study to obtain accurate research data. Determination of the research location is done deliberately. This research will be conducted in Lampuuk Golf Course to do the Gatting shot test and Rajawali Hotel to do the concentration test and fill out anxiety level questionnaires. The research will be conducted in September 2024 and last for 2 days: September 4 for the concentration test and filling out the anxiety questionnaire, and September 5 for the Gatting shot test.

The data collection techniques used by the author to obtain research data are concentration tests, anxiety questionnaires, and Gatting shot tests. The author [6] states, "Concentration is the concentration of attention on something, and other things are unrelated". The concentration test that researchers use is the concentration grid exercise test from Harris and Bette [7]. In this study, the grids of research instruments refer to [8] anxiety theory. The questionnaire used in this study will use a Likert-shaped scale. The author [5] states that "the Likert scale can measure attitudes, opinions, and perceptions of a person or group of people towards a social phenomenon". This getting shot accuracy test is designed to be used as a tool that produces valid data regarding the accuracy of shots towards the Woodball athlete's goal. The tools used are whistles, stationery, woodball balls, mallets/bats, and fields.

According to [9], "data analysis is the process of organizing and sorting data into patterns, categories, and basic description units so that themes can be found and working hypotheses can be formulated as suggested by the data". The data processing stage involved calculating the average value and percentage of the questionnaire results.

RESULTS AND DISCUSSION

The concentration test that researchers use is the concentration grid exercise test from Harris and Bette [7]. Based on the categorization data of the concentration level of Aceh woodball athletes, there are three athletes (30%) very good, three athletes (30%) good, and as many as four athletes (40%) are at a moderate level. After the researchers had used the average formula, the overall total concentration score was 187, with an average of 18.7. The value of 18.7 is in the interval 16-20, which is in the "good" category; thus, it can be concluded that Aceh woodball athletes' concentration level is in good condition.

Furthermore, for the results of athletes' anxiety levels, the anxiety level in Aceh woodball athletes, as many as one athlete (10%) was declared low, six athletes (60%) were declared moderate, and three athletes (30%) were declared high. The average value of 101.7 lies in the interval 92.35 - 111.05, so the level of anxiety in Aceh woodball athletes is stated to be in the "Moderate Anxiety" category. The level of gatting shot ability in Aceh woodball athletes, as many as four athletes (40%) declared good, two athletes (20%) declared sufficient, three athletes (30%) declared less, and one athlete (10%) declared very less. The average value of 19.9 lies in the interval 19.05-20.75, then the level of getting shot ability in Aceh woodball athletes is stated to be in the "Fair" category.

Based on the results of the study, there is a close relationship between concentration and anxiety in the implementation of athletes performing getting shots. The concentration level of Aceh woodball athletes is already in the good category. This, of course, cannot be separated from the training program and the coach, which refers to the concentration of the gatting area. Concentration is the concentration of mental functions on an object, such as concentration of mind, attention and so on [10]. In a day, athletes are required to hit the gatting target at least 100-150 balls with a distance of 1-5 meters. The rules apply if the athlete can hit 10 balls and enter all 100% within 1 meter, then the athlete can continue at a distance of 2 meters until the distance of 5 meters. Undeniably, this routine training results in athletes having a good concentration level.

Concentration plays an important role in an athlete's performance, and athletes must try to concentrate and pay full attention to the match.

Without it, athletes will have difficulty showing their best performance. Concentration is a crucial mental skill in sports that can significantly impact an athlete's performance. Staying focused and maintaining concentration amidst distractions is essential for optimal results. Creating a good level of concentration is certainly not easy; athletes must try to combine attention, visualization, attention control training, utilization of cues, routines, goal setting, and physical condition to develop a strong level of concentration skills.

Likewise, with the anxiety felt by athletes, anxiety is an emotional reaction to a threatening condition. Anxiety has a considerable impact on performance, especially when carrying out matches. So anxiety is a factor that can hinder athlete achievement and needs to be given special attention and reinforcement both individually and in team athletes. The anxiety level of Aceh woodball athletes is in the moderate category, meaning that some athletes still have anxiety that disturbs and others have been able to overcome some anxiety symptoms. Anxiety is still disturbing because some athletes still think too much about how to play optimally, and these thoughts can eventually cause fear when playing.

Athletes must be accustomed to mastering or controlling mental states to reduce anxiety when competing. The first step that can be taken is to focus on emotional control. Focus on this aspect aims to organize all the ability to concentrate when competing so that players can perform to their best abilities. Focusing on the player's tactics and strategies will help ignore factors that can cause external and internal anxiety. By understanding and focusing on team and individual strategies and strengths, athletes will feel more confident during the match. Athletes must also have a practical mindset to enjoy every moment of the match when competing. By enjoying the game, athletes will not focus too much on the final results that will appear but will try their best to enjoy the game.

The results also show that athletes getting punches is sufficient because athletes train regularly and consistently from the beginning of the regional training camp in 2022-2024. In addition to training centres in the region with 6 hours of training a day, athletes are sent several times to training centres outside the region with a portion of 8-9 hours of training per day. Even on Saturdays and Sundays, they practice with Banten athletes and reach 10 hours on the field. Athletes

also took advantage of a 14-day training centre in Central Java in January and Banten in July 2024.

The results of the gattling test in the good category are in three athletes, namely ES, KA, and D where these results prove that they deserve a gold medal in the men's fairway team number at PON XXI Aceh-North Sumatra with the persistence and routine training they carry out in Central Java and South Tangerang, they have also shown excellence several times in open and national championships outside the province. MIR and LJ obtained the results of the Gattling shot test in the sufficient category; it should be noted that LJ is one of the best athletes among women because she is the only athlete who won 3rd place in the national event in July 2024 in Banten, both of them are in the sufficient category due to lack of effectiveness in applying the training pattern given by the coach.

The results of the gattling punch test in the less category are obtained by female athletes, namely NH, RA, AFS, and N; in the less category, it can be seen that the preparation of female athletes is very minimal, they carry out centralized TC on average in mid-2023 and 2024, meaning that they are very far behind in terms of experience and drills run by athletes when training is applied, but female athletes must compensate for the material run by male athletes so as not to miss the target and the training program that is being run according to the graph designed by the coach. The results of the Gattling punch test are less than once obtained in one female athlete, namely M in the category; only one athlete is in the category once after being evaluated. It turns out that these athletes often experience complaints of loss of focus or concentration due to several things, both internal and external, one of which is difficulty in concentrating and doubting their strokes and being lazy to repeat the material or swing movement before the ball is hit towards the gate according to the coach's instructions.

CONCLUSIONS

Based on the research results, the researcher can conclude several points, namely the concentration level of Aceh woodball athletes with an average value of 18.7, which lies in the interval 16-20, in the good category. The anxiety level of Aceh woodball athletes, with an average value of 101.7, lies in the interval 92,35-111,05, which is

in the medium category. The level of gating ability of Aceh woodball athletes, with an average value of 19.9, lies in the interval 19.05-20.75, which is in the "Enough" category.

Trainers and administrators should take a serious approach to coordinating and creating train-

ing programs, especially those that can support the development of abilities to achieve maximum achievement goals.

Athletes should seriously undergo training diligently and consistently to produce optimal techniques in supporting achievement.

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