

# The Model of Explanatory Style Training for Futsal Athlete

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## ABSTRACT

Many factors cause athletes to experience competitive anxiety. One of the factors that often make athletes experience competitive anxiety is the environment and internal factors. This study aims to reduce competing for anxiety in athletes by using explanatory style training. This research is using the experimental method. The research data obtained using a scale, the competing anxiety scale (CSAI-2), were analyzed using the Wilcoxon test and Mann Whitney U-test techniques. The results showed that by providing explanatory style training competing anxiety in futsal, athletes decreased significantly. The test results in the experimental group using the Wilcoxon test  $p = 0.002$  and in the control group  $p = 0.126$ . Based on the Wilcoxon test results, there are significant differences between the experimental and control groups. This research's benefits as information and study material for the Ministry of Youth and Sports for use in national athletes who have anxiety problems when competing.

**Keywords:** *Futsal athletes, explanatory style, the anxiety facing the match preliminary*

## 1. INTRODUCTION

One competitive aspect that an athlete needs to have is dealing with demands and showing excellent performance when under pressure. The athlete's response to stress when competing depends on the athlete's interpretation of the situation at hand. For example, an athlete can respond to the pressure he faces as part of a competition or stress that is a stress reaction that he feels. The response is due to the athlete's perception of the imbalance of environmental demands and his ability to respond to situations. Then it raises anxiety (both cognitive and somatic) [1]. Anxiety is an individual reaction to frustration or stress. The response can observe when personal experiences a situation that can threaten his well-being [2].

Anxiety experts revealed that anxiety is measured based on two components, namely cognitive and somatic components. Mental stress is caused by evaluating negative self-assessments. In contrast, somatic anxiety is physical anxiety that arises based on autonomic stimulation. The high level of cognitive anxiety will decrease the athlete's performance [1][3]. Athletes who are too low or too high anxiety will have a negative influence on athlete performance.

Anxiety facing a match is a state of distress experienced by an athlete, namely as a condition of negative emotions that increases in line with how an athlete interprets and evaluates the match's situation. The desire to win can affect athlete anxiety directly and can have negative consequences [4]. The leading role of stress can get from the orientation of athletes in competition. First, some athletes have outcome orientation, namely athletes who desire to win or get a higher place than other athletes (competitors). Second, performance orientation is an athlete who has the goal to show the best performance (Performing well), from the abilities they have and does not focus on winning alone [5].

Some of the symptoms that arise in athletes who experience anxiety before facing a match include physical symptoms such as stiff muscles, cold sweat, decreased conditions, panic, lack of concentration, nausea, and want to defecate [6]. Other symptoms are psychological symptoms such as being unable to concentrate, and the ability to read the game becomes blunt, and hesitant in making decisions. Athlete's anxiety occurs because of the expectations and burdens given to athletes before a match, and the nature of sports competitions [7]. Four factors can cause anxiety, namely biological factors, social-confusion factors, behavioral factors, cognitive and emotional factors [8].

Explanation style is one way to reduce anxiety in athletes. This method comes from reformulating the theoretical model of learned helplessness as a way to explain the diversity of responses shown by people to adverse events that cannot be controlled [9]. Explanatory style is an important thing that can affect helplessness and failure to adapt to helplessness [9]. The concept of explanatory style training illustrates how each individual has a different way to explain to themselves the feelings of learned helplessness. During the training period, participants will be given a training model by following the concept of Kirkpatrick's Four Levels of Evaluation. This training is intended to help someone recognize their mindset and understand it.

Evaluation of explanatory style training use the concept of Kirkpatrick's Four Levels. It has has four levels. At first level, the researcher will measure participants' reactions to the training provided. At the second level, the researcher measured the participants' mastery of the training material. While the third level measures the development of training programs that have been given to trainees. While at level 3, this level measures the development of training programs that have been given to trainees [10].

Based on the above problem, this article described about the importance of the explanatory style training in reducing athlete anxiety in the face of competition.

**2. RESEARCH METHOD**

The experimental design used by researchers was the Pretest-Posttest control group design. At the beginning of the training, all participants were given a material evaluation questionnaire containing summary questions from the whole material. There are three materials be given during the training process. Handout 1 discusses self-concept, handout two discusses how to overcome anxiety through an explanatory style; handout 3 discusses techniques for changing perceptions. At the end of the material, the material evaluation sheet was given as well as the overall evaluation sheet to find out the participants' understanding during the training. After being given training, a few days later, given a post-test.

**2.1. Research Participants**

Researchers divided 24 random participants into two groups; each group consisting of 6 people and distributed to the experimental and control groups.

**2.2. Research instruments**

The scale used in this study is the Competitive State Anxiety Inventory (CSAI-2) scale from Martens, Vealey, and Burton [11]. The scale results show that 27 items are suitable for use as a pretest and post-test during training.

**2.3. Hypothesis Testing**

Hypothesis testing is done by comparing the pretest scores and post-test scores of research subjects. The difference test was performed with the Wilcoxon Match Pairs Test.

**3. RESULTS AND DISCUSSION**

Anxiety facing the match in this study is anxiety that occurs due to various non-technical factors that can appear before the game. These factors often make it difficult for athletes to bring out their best abilities. Feelings of fear of opponents and the burden of winning the match became the most things that raised athletes' anxiety in facing the game.

Explanatory style is training to help someone recognize and understand their thought patterns and change pessimistic thinking patterns into optimistic thinking patterns through a series of training. The upbeat thinking patterns that have formed can be used to face life's problems in the future.

**Tabel 1.** Descriptive Optimistic Vs. Pessimistic

	<b>Good Situation</b>	<b>Bad Situation</b>
<b>Optimist</b>	Permanent	Temporary
	Pervasive	Specific
	Personal (Internal)	External cause
<b>Pessimist</b>	Temporary	Permanent
	Specific	Pervasive
	External cause	Personal (internal)

Pessimistic athletes have a self-blaming attitude toward every failure that happens to them. While optimistic athletes have beliefs with high self-confidence, right work motivation, and optimal physical health. Furthermore, many athletes feel the anxiety of competing because they do not believe in their abilities. As a result, performance when fighting is not optimal.

The results of the analysis in the experimental group obtained a mean of 64.41 from the CSAI-2 scale results before the training. The average competing anxiety decreased after being given explanatory style training with an average of 53.5. The finding that there are differences in anxiety competing before and after participating in explanatory style training. After participating in training, most athletes feel optimistic about the matches. Therefore, this model is useful for reducing anxiety in athletes.

Participants' assessment of the material obtained after attending the training was 90% of participants satisfied with the complete training material. Kirkpatrick and Kirkpatrick stated the effectiveness of a study if

participants respond well to the methods given [10]. The hypothesis test results showed higher mean scores at post-test than at pretest. The test results using the Mann Whitney U-test by calculating the gain score of the experimental group and the control group with a p-value of 0,000 (<0.01) indicating different levels of anxiety competing in the experimental group before training and after training.

**Table 2.** Descriptive Data Pretest and Posttest

	Control Group		Experiment Group	
	<i>Pre test</i>	<i>Post test</i>	<i>Pre test</i>	<i>Post test</i>
<i>Mean</i>	59.67	62.75	64.42	53.5
<i>Std. Deviation</i>	4.677	6.608	3.288	7.367
<i>Minimum</i>	50	55	60	39
<i>Maximum</i>	66	77	71	64

**Table 3.** Score-Category of The Experimental Group and The Control Group

Category limit	Category
$X \geq 72$	High
$36 \leq X < 71$	Medium
$X < 36$	Low

Anxiety competing in futsal athletes decreased based on the results of an explanatory style training analysis. The mean rank results for the experimental group were 5.31, and the control group was 12.28. These results indicate that the anxiety level in the experimental group is lower than the anxiety level in the control group

Wilcoxon test results in the experimental group with  $p = 0.002$  and the control group  $p = 0.126$ . These results indicate a significant difference between the experimental group with treatment in explanatory style training and the control group who does not an explanatory style training treatment. The test results showed that the explanatory style training was considered effective to reduce competing anxiety in athletes.

The explanatory concept style generally has three parameters (Internality, Stability, Globality) [12]. A person can describe how his life based on his views on these three things, internality. The first internality, namely internal versus external. Pessimistic, if faced with a bad situation, will tend to blame themselves (domestic); otherwise, someone optimistic will judge a bad situation is something beyond his control. Second, stability is stable versus unstable. If he with a bad situation, a pessimist will tend to think that the problem will always be there (permanent). In contrast, a pessimist tends to judge the lousy condition as temporary. Third, global versus specific. A pessimistic judge, unfortunate circumstances will have a broad impact on others. An optimistic judge

bad things a small obstacle that is always there and will be flow.

#### 4. CONCLUSION

The results of the analysis indicate that (a) Anxiety competing in the experimental group decreased significantly after attending an explanatory style (post-test) training; (b) competitive anxiety increased substantially in the control group at the post-test; (c) Participants experienced a significant increase in knowledge after attending an explanatory style training. Based on the results of the analysis, explanatory style training is useful for reducing anxiety competing in futsal athletes.

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