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An analysis of the level of self-confidence of students in participating in futsal extracurricular activities at the Muallimin Madrasah Yogyakarta

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Abstract

The purpose of this study was to determine how much the level of self-confidence of students in participating in extracurricular futsal activities at Madrasah Muallimin Yogyakarta. This research is quantitative descriptive research. The data collection technique used in this research uses instruments in the form of (questionnaires). The population in this study were students who participated in extracurricular futsal activities at Madrasah Muallimin Yogyakarta, totalling 20 people. The sampling technique in this study was total sampling or involved the entire sample. The data analysis technique in this study used descriptive presentation data analysis techniques. The results showed that the level of self-confidence of students in participating in extracurricular futsal activities at Madrasah Muallimin Yogyakarta in the "very low" category was 5.00% (1 student), "low" was 30.00% (6 students), "sufficient" was 30.00% (6 students), "high" was 30.00% (6 students), and "very high" was 5.00% (1 student). Thus it can be concluded that the level of self-confidence of students in participating in futsal extracurricular activities at Madrasah Muallimin Yogyakarta is quite high.

Keywords: Extracurricular, futsal, self-confidence

1. Introduction

Extracurricular activities provide opportunities for students to enhance their talents and increase their own motivation. Thus, the purpose of extracurricular school activities is to convey the talents and potential that each student has, as well as activities that can reduce time so that students are not involved in unprofitable activities. These extracurricular activities aim to improve students' abilities and form valuable national characters and civilisations with the aim of improving the nation's livelihood (Herdinata, 2021) ^[1]. Furthermore, according to (Tresnadiani & Wardani, 2020) ^[2], extracurricular activities can cause more positive behavioural changes, one of which is emotional intelligence. Extracurricular activities can also be used to fill children's free time with useful activities and can increase self-confidence and foster talent (Gultom, 2021) ^[3].

Futsal extracurricular is one of several optional extracurricular activities held at Madrasah Muallimin Yogyakarta which aims to develop students' talents and interests in playing the ball. Futsal comes from the words 'fut', which means 'football' in Spanish and Portuguese, and 'sal', which means 'indoors' (Yudianto in Wirawan, 2017) ^[4]. Futsal is a type of sport that is almost similar to football. However, futsal is played in two teams of five players, with some reserve players on each team. The goal is to put as many balls into the goal as possible. Futsal is one of the sports most prone to collisions, Due to the high intensity of the game, to play well in a hard match, athletes must have good mental and psychological health (Ismail *et al.*, 2023) ^[5]. Self-confidence is one of the psychological factors that can influence.

Self-confidence is a belief in one's own abilities, self-confidence comes from one's subconscious mind to do everything one wants and needs in life. Self-confidence is characterised by a sense of satisfaction that a person experiences with himself; in simple terms, a confident person is a person who feels satisfied with himself (Chafid *et al.*, 2021) ^[6]. Furthermore, according to (T. H Sin, 2019) ^[7] explains that self-confidence is also defined as a

comfortable feeling about oneself and other people's judgement of oneself. Self-confidence does not arise by itself but is influenced by two factors, namely internal factors and external factors. Self-confidence is one of the psychological factors that can affect an athlete's performance when competing (Sulistiyowati & Indrawati, 2019) [8]. This is complemented by a statement from (Syam & Amri, 2017) [9] which explains that the level of self-confidence possessed by an individual will affect the acquisition of achievement. Self-confidence is a belief in one's own abilities, self-confidence comes from a person's subconscious mind to do everything he wants and needs in life. Self-confidence is characterised by a sense of satisfaction that a person experiences with himself; in simple terms, a confident person is a person who feels satisfied with himself (Chafid *et al.*, 2021) [10]. Furthermore, according to (T. H Sin, 2019) [11] explains that self-confidence is also defined as a comfortable feeling about oneself and other people's judgement of oneself. Self-confidence does not arise by itself but is influenced by two factors, namely internal factors and external factors. Self-confidence is one of the psychological factors that can affect an athlete's performance when competing (Sulistiyowati & Indrawati, 2019) [12]. This is complemented by a statement from (Syam & Amri, 2017) [13] which explains that the level of self-confidence possessed by an individual will affect the acquisition of achievement.

A futsal athlete must have ideal self-confidence before competing, including adequate preparation, positive experience, winning mentality, positive communication, and acceptance of failure. The purpose of this study is to determine how much the level of self-confidence of students in participating in extracurricular futsal activities at Madrasah Muallimin Yogyakarta. The benefits of this research for researchers are to be able to improve the ability to apply the theory that has been received during college and encourage writers to learn to understand, analyse a problem, then for the coach this research can be used as a reference material in knowing how much the level of self-confidence of his athletes. Meanwhile, for an athlete or student, the results of the study are expected to increase talent interest and self-motivation.

2. Materials and Methods

This research is a type of quantitative descriptive research, which is a research method that is studied objectively by trying to describe the object or subject with the aim of systematically describing the facts and characteristics of the object and its frequency that is studied correctly. Quantitative research methods are said to be methods that place more emphasis on aspects of objective measurement of existing phenomena (Siyoto, S, 2015) [14].

Research instrument Comparison of the level of self-confidence of students who take part in extracurricular futsal activities at Madrasah Muallimin Yogyakarta. Research instruments used by using a questionnaire or questionnaire. Prior to this, the researcher had tested the validity of the

research instrument, a questionnaire consisting of 40 questions. The results showed that 35 statements in the questionnaire were valid, while 5 other questions were declared invalid. So that 5 invalid questions are eliminated or not used during research. The reliability test results show a reliability coefficient of 0.933 and a reliability coefficient value of more than 0.6 which indicates that the questionnaire instrument is very reliable.

This research was conducted at Madrasah Muallimin Yogyakarta, precisely at Muadz bin Jabbar Dormitory which is located at Jl. Sadewa No.19, Wirobrajan, Yogyakarta City, Yogyakarta Special Region 55252. The implementation of the research was on Tuesday 14 December 2023.

The population in this study were all students who participated in extracurricular futsal activities at Madrasah Muallimin Yogyakarta with a total of 20 students with the category of all samples being male.

The method of analysing data that will be used in this study is by statistical calculation using descriptive percentage analysis. The formula used is as follows:

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

Description
P: Percentage
F: Frequency
N: Number of samples

3. Results & Discussion

a) Overall descriptive statistics

Descriptive statistics of research data on the level of self-confidence of students in participating in extracurricular futsal activities at Madrasah Muallimin Yogyakarta. obtained the lowest score (minimum) 94.00, the highest score (maximum) 137.00, the average (mean) 116.80, the middle value (median) 116.00, the value that often appears (mode) 108.00, standard deviation (SD) 11.16. Descriptive statistical results can be seen in the following table:

Table 1: Descriptive statistics overall

Statistics	
N	20
Mean	116.8000
Median	116.8000
Mode	108.00
Std. Deviation	11.16668
Minimum	94.00
Maximum	137.00

When displayed in the form of a frequency distribution, the level of self-confidence of students in participating in futsal extracurricular activities at Madrasah Muallimin Yogyakarta is presented in table 2 as follows:

Table 2: Overall frequency distribution

No.	Intervals	Category	Frequency	%
1.	133,55 < X	Very High	1	5,00
2.	122,38 < X ≤ 133,55	High	6	30,00
3.	111,21 < X ≤ 122,38	Fair	6	30,00
4.	100,04 < X ≤ 111,21	Low	6	30,00
5.	X ≤ 100,04	Very Low	1	5,00
Total			20	100%

b) Optimistic aspect

Descriptive statistics of research data on the level of self-confidence of students in participating in extracurricular futsal activities at Madrasah Muallimin Yogyakarta based on the Optimistic Aspect obtained the lowest score (minimum) 32.00, the highest score (maximum) 44.00, the average (mean) 39.35, the middle value (median) 40.00, the value that often appears (mode) 40.00, standard deviation (SD) 3.55. The full results can be seen in table 3 as follows:

Table 3: Descriptive statistics of optimistic aspects

Statistics	
N	20
Mean	39,3500
Median	40,0000
Mode	40,00
Std. Deviation	3,55816
Minimum	32,00
Maximum	44,00

Table 4: Frequency distribution of optimistic aspects

No.	Intervals	Category	Frequency	%
1.	$44,68 < X$	Very High	0	0,00
2.	$41,12 < X \leq 44,68$	High	5	25,00
3.	$37,57 < X \leq 41,12$	Fair	10	50,00
4.	$34,01 < X \leq 37,57$	Low	2	10,00
5.	$X \leq 34,01$	Very Low	3	15,00
Total			20	100%

Based on tables 3 and 4 above, it shows that the level of self-confidence of students in participating in extracurricular futsal activities at Madrasah Muallimin Yogyakarta based on the Optimistic Aspect is in the 'very low' category of 15.00% (3 students), 'low' of 10.00% (2 students), 'sufficient' of 50.00% (10 students), 'high' of 25% (5 students), and 'very high' of 0% (0 students).

(mean) 26.45, the middle value (median) 26.50, the value that often appears (mode) 25.00, standard deviation (SD) 3.72. The full results can be seen in table 5 as follows:

Table 5: Descriptive statistics of objective aspects

Statistics	
N	20
Mean	26,4500
Median	26,5000
Mode	25,00
Std. Deviation	3,72014
Minimum	18,00
Maximum	32,00

c) Objective aspects

Descriptive statistics of research data on the level of self-confidence of students in participating in extracurricular futsal activities at Madrasah Muallimin Yogyakarta based on Objective Aspects obtained the lowest score (minimum) 18.00, the highest score (maximum) 32.00, the average

Table 6: Frequency distribution of objective aspects

No.	Intervals	Category	Frequency	%
1.	$32,03 < X$	Very High	0	0,00
2.	$28,31 < X \leq 32,03$	High	7	35,00
3.	$24,58 < X \leq 28,31$	Fair	10	50,00
4.	$20,86 < X \leq 24,58$	Low	1	5,00
5.	$X \leq 20,86$	Very Low	2	10,00
Total			20	100%

Based on tables 5 and 6 above, it shows that the level of self-confidence of students in participating in extracurricular futsal activities at Madrasah Muallimin Yogyakarta based on Objective Aspects is in the 'very low' category of 10.00% (2 students), 'low' of 5.00% (1 student), 'sufficient' of 50.00% (10 students), 'high' of 35.00% (7 students), and 'very high' of 0% (0 students).

d) Responsibility aspect

Descriptive statistics of research data on the level of self-confidence of students in participating in extracurricular futsal activities at Madrasah Muallimin Yogyakarta based on the Responsible Aspect obtained the lowest score (minimum) 23.00, the highest score (maximum) 36.00, the average (mean) 29.70, the middle value (median) 28.50, the value that often appears (mode) 28.00, standard deviation (SD) 3.64. The full results can be seen in table 7 as follows:

Table 7: Descriptive statistics of responsible aspect

Statistics	
N	20
Mean	29,7000
Median	28,5000
Mode	28,00
Std. Deviation	3,64331
Minimum	23,00
Maximum	36,00

Table 8: Frequency distribution of responsible aspects

No.	Intervals	Category	Frequency	%
1.	$35,16 < X$	Very High	1	5,00
2.	$31,52 < X \leq 35,16$	High	5	25,00
3.	$27,87 < X \leq 31,52$	Fair	20	50,00
4.	$24,23 < X \leq 27,87$	Low	2	10,00
5.	$X \leq 24,23$	Very Low	2	10,00
Total			20	100%

Based on tables 7 and 8 above, it shows that the level of self-confidence of students in participating in futsal extracurricular activities at Madrasah Muallimin Yogyakarta based on the Responsible Aspect is in the 'very low' category of 10.00% (2 students), 'low' of 10.00% (2 students), 'sufficient' of 50.00% (10 students), 'high' of 25.00% (5 students), and 'very high' of 5.00% (1 student).

e) Rational and realistic aspects

Descriptive statistics of research data on the level of self-confidence of students in participating in extracurricular futsal activities at Madrasah Muallimin Yogyakarta based on the Rational and realistic aspects obtained the lowest score (minimum) 18.00, the highest score (maximum) 25.00, the average (mean) 21.30, the median (median) 22.00, the value that often appears (mode) 22.00, standard deviation (SD) 2.43. The full results can be seen in table 9 as follows:

Table 9: Descriptive statistics of rational and realistic aspects

Statistics	
N	20
Mean	21,3000
Median	22,0000
Mode	22,00
Std, Deviation	2,43007
Minimum	18,00
Maximum	25,00

Table 10: Frequency distribution of rational and realistic aspects

No.	Intervals	Category	Frequency	%
1.	24,94 < X	Very High	3	15,00
2.	22,51 < X ≤ 24,94	High	3	15,00
3.	20,08 < X ≤ 22,51	Fair	6	30,00
4.	17,65 < X ≤ 20,08	Low	8	40,00
5.	X ≤ 17,65	Very Low	0	0,00
Total			20	100%

Based on tables 9 and 10 above, it shows that the level of self-confidence of students in participating in extracurricular futsal activities at Madrasah Muallimin Yogyakarta based on the Rational and realistic aspects is in the 'very low' category of 0% (0 students), 'low' by 40.00% (8 students), 'sufficient' by 30.00% (6 students), 'high' by 15.00% (3 students), and 'very high' by 15.00% (3 students).

4. Conclusions

Changes in human behaviour can be understood as a result of the learning process. A person who is active in sports activities will have a character in accordance with the values contained in the sport. To improve the quality of human resources, in addition to students getting the provision of knowledge obtained from teaching and learning process activities in the classroom or intracurricular, students also get additional activities, namely extracurricular activities at school. The more evenly distributed extracurricular activities are, the improvement of quality and professional human resources can be realised. The rational and realistic aspects obtained quite a lot of percentages, namely in the 'very low' category of 0% (0 students), 'low' of 40.00% (8 students), 'sufficient' of 30.00% (6 students), 'high' of 15.00% (3 students), and 'very high' of 15.00% (3 students), which means it shows that the contribution to the rational and realistic aspects is greater than several other aspects.

5. Acknowledgments

There are several suggestions that need to be conveyed in connection with the results of this study, among others:

1. For schools, it is hoped that schools will pay more attention and develop more futsal extracurricular activities, so that students feel cared for by the school and more talented athletes will emerge and can be fostered at school.
2. For students, based on this research, it is hoped that students will be more enthusiastic and serious in participating in futsal extracurricular activities in order to reach the desired peak of achievement.
3. For coaches or coaches, control and approach students who lack confidence to be directed so that students become more active and enthusiastic in participating in futsal extracurricular activities.

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Appendix Statistical aspects

		Optimis	Obyektif	Bertanggung Jawab	Rasional dan Realistis
N	Valid	20	20	20	20
	Missing	0	0	0	0
Mean		39.3500	26.4500	29.7000	21.3000
Median		40.0000	26.5000	28.5000	22.0000
Mode		40.00	25.00	28.00	22.00
Std. Deviation		3.55816	3.72014	3.64331	2.43007
Minimum		32.00	18.00	23.00	18.00
Maximum		44.00	32.00	36.00	25.00
Sum		787.00	529.00	594.00	426.00

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Group Statistics									
	School	N	Mean	Std. Deviation	Std. Error Mean				
The level of self-confidence of students in participating in extracurricular futsal activities	Madrasah Muallimin Yogyakarta	30	107.6333	6.84550	1.24981				
		20	116.8000	11.16668	2.49695				
Independent Samples Test									
		Levene's Test for Equality of Variances		t-test for Equality of Means					
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Interval Lower
The level of self-confidence of students in participating in extracurricular futsal activities	Equal variances assumed	6.840	.012	-3.603	48	.001	-9.16667	2.54411	-14.28
	Equal variances not assumed			-3.283	28.539	.003	-9.16667	2.79227	-14.88