

Emotional Analysis of Karate Athletes During Competition in Kumite Number

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ABSTRACT

This writing aims to show the factors that influence karate athletes in the kumite category when competing and provide an overview of how to control emotions by karate athletes in the kumite category when competing. This writing uses a descriptive method with a non-experimental design. The population in this writing is karate athletes in the kumite category in Garut Regency, totaling 57 people. The sampling technique used is purposive sampling, so that the total sample in this writing is 17 people. Data collection in this study used observation, questionnaires and interviews. The results of this study indicate that there is an influence of emotions in the form of internal factors of 82.07% (high category) on athletes when competing, in addition to internal factors there is also an influence of external factors of 17.92% (moderate category) on karate athletes when competing in the kumite category. Recognizing the emotions that will arise when competing is a way for athletes to control their emotions when competing.

Keywords: Emotional; Karate; Kumite

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INTRODUCTION

Karate is a branch of martial arts that is body contact in the kumite competition number. In the kumite number, athletes who compete on tatami get points to win through predetermined attacks (Sagittarius, 2010). The best results of sports coaching cannot be achieved quickly, the best results involve many factors, namely, organizational management, vision and mission, implementation process including training programs and coach qualifications. It can be said that the quality of output is determined by the quality of input, and the quality of the coaching process. Sports coaching requires a process to achieve peak performance, the program must run systematically and be clearly programmed (Rivalwan et al., 2023). In a match situation in the kumite number, emotional changes are often seen in athletes when competing. These emotional changes affect athletes in their performance when competing. This happens due to several factors, such as fear which causes hesitation to attack, anger



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which causes lack of focus or self-confidence which brings athletes to their best performance when competing (Hude, 2006). Based on the results of observations, interviews and questionnaires conducted on karate athletes in the kumite number of Kab. Garut then there are factors that affect athletes, namely emotions that come from the athlete himself. This emotion plays an important role in competing, with a positive emotional condition athletes can display all their best abilities, conversely if the emotional condition is negative athletes find it difficult to display their abilities. And there are also factors that come from outside the athlete, in the form of actions given by the referee, opponent, coach or audience. In addition, each athlete has their own way of managing their emotions when competing to stay focused on the goal.

LITERATURE REVIEW

Based on the National Sports System Law, Article 20 states regarding efforts to advance competitive sports. The involvement of the central and regional governments and the community to develop: 1) sports associations 2) general sports science research and development centers 3) sports coaching centers 4) the existence of education and training for the capacity of sports personnel 5) a systematic guidance system 6) the existence of trials of athlete achievement abilities and skills at a certain level. Sport is an effort to increase the potential of athletes and achieve achievements, such as martial arts. To achieve achievement, four important components must be considered: psychological factors, especially emotions and motivation. Athletes and coaches pay little attention to these psychological factors. Karate is a sport where the ability to master certain kicking techniques during matches or regular training is considered very important and the term "Committee" is used in karate (Nurhadi et al., 2023). To achieve optimal performance, coaches and athletes must consider various components, including physical, technical, tactical, and psychological aspects (Rohmansyah., 2017). The psychological aspect provides an explanation of how mental training can help athletes maximize their performance. The more proficient they are in dealing with emotional problems, the more they know the causes of emotions, so that athletes can concentrate more on choosing and implementing the best strategy to win the match, especially in martial arts matches that require a long time (Safitri & Jannah, 2020). When playing in a match, an athlete who is not highly motivated will feel burdened, which reduces their ability to play and prevents them from reaching their best level (Sani et al., 2020). Athletes will experience psychological turmoil, which consists of positive and negative emotions. Positive emotions will have a positive impact and make athletes more motivated. However, if athletes cannot control their psychological turmoil, they will experience negative emotions such as anger, stress, nervousness, and fear of facing the match, so they cannot show their best performance. Because the most effective stimuli do not produce excessive stimuli, emotions are more related to martial arts achievement than motivation. This is because athletes must be able to control their emotions in order to continue to think logically (April et al., 2022).

RESEARCH METHODOLOGY

This study will describe the emotional symptoms of athletes and describe the relationship between emotions and kumite athletes when competing, so this study uses a descriptive method (Maksum, 2012). This study also uses a non-experimental

design to determine the correlation in the form of an influence between athlete emotions as variable X and kumite athletes when competing as variable Y (Arikunto, 2013).

The population in this study were 57 karate athletes from Garut Regency . Technique This research uses sampling nonprobability sampling. The non - probability sampling used in this study is purposive sampling , where the samples are selected based on certain criteria (Sugiyono, 2019). Sampling was conducted by selecting athletes with the criteria of age 14 -15 years (cadet class) and age 16 -17 years (junior class), athletes competing in the kumite category, athletes who are included in the list of Binpres athletes of Garut Regency and athletes who are still active in participating in the competition. Based on these criteria, a sample of 17 athletes was obtained.

Data collection is the stage of collecting data related to research in order to obtain results from the problems studied. In this study, data collection was carried out by non-participatory observation, unstructured interviews and giving statement questionnaires. Observations were conducted by researchers during the study to optimize and enrich data on athletes' emotions . The data collected were observation data on athletes related to the influence of emotions on athletes during the match. The results obtained from the observations were in the form of a checklist on athletes' emotions during the match .

The interview was conducted using an unstructured interview technique where questions flowed in a relaxed communication without formal language with the aim of being able to dig up more complete information about what athletes feel regarding the problems being studied, so that the data obtained is more optimal. The data collected are the athletes' answers to questions asked by researchers regarding their emotions during the match .

The questionnaire distributed to respondents is a statement item that has been provided and respondents can directly provide a checklist in the box that suits them. There are four box options, namely SS (Strongly Agree), S (Agree), TS (Disagree) and STS (Strongly Disagree). The data obtained from the questionnaire is in the form of a statement sheet regarding the athlete's emotions during the match, which consists of several statement items that have been filled in by the respondents.

RESULTS

The results of data collection obtained from questionnaires, interviews and observations that have been analyzed in the study. So it can be explained:

Kumite Athletes' Emotional Questionnaire During Competition

The results of the questionnaire regarding athletes' responses to statements related to athletes' emotions and situations during the competition can be described as follows:

Table 1. Description of Variable X

No	NS	f	f* Score	Percentage of Tase	Category
1	1	17	62	91	SB
2	2	17	59	86.76	SB
3	4	17	65	95.59	SB

No	NS	f	f* Score	Percentage of Tase	Category
4	5	17	58	85.29	SB
5	7	17	56	82.35	B
6	21	17	50	73.53	B
7	22	17	47	69.12	B
8	39	17	60	88.24	SB
9	41	17	55	80.88	B
10	42	17	58	85.29	SB
11	52	17	60	88.24	SB
12	53	17	52	76.47	B
13	58	17	44	64.71	C
14	59	17	59	86.76	SB
15	60	17	59	86.76	SB
16	61	17	55	80.88	B
17	62	17	37	54.41	C
18	63	17	59	86.76	SB
19	64	17	61	89.71	SB
20	65	17	59	86.76	SB
21	69	17	44	64.71	C
22	70	17	55	80.88	B
23	72	17	56	82.35	B
24	74	17	58	85.29	SB
25	80	17	54	79.41	B
Average			55.28	81.29	B

Table 1 data related to emotional descriptions shows the results of the emotional statement questionnaire of karate athletes aged 14-15 years and 16-17 years in Garut Regency, based on table 2 the highest score is shown in questionnaire number 4 (Support from people closest to me raises my spirit) namely f (score) 65 with a percentage of 95.59% in the very good category. While the lowest score was obtained by questionnaire number 62 (I can't be calm, if my opponent plays aggressively) namely f (score) 37 with a percentage of 54.41% in the fairly good category. Based on the data in table 1 related to emotional descriptions, the average score is 55.28 with a percentage of 81.29% in the good category. So, emotional is an internal factor that influences athletes when competing against opponents.

Table 2. Description of Variable Y

No	NS	f	f* Score	Percentage of Tase	Category
1	9	17	61	89.71	SB
2	12	17	54	79.41	B
3	13	17	58	85.29	SB
4	14	17	57	83.82	B
5	15	17	49	72.06	B
6	16	17	54	79.41	B
7	17	17	58	85.29	SB

No	NS	f	f* Score	Percentage of Tase	Category
8	18	17	49	72.06	B
9	20	17	58	85.29	SB
10	23	17	56	82.35	B
11	24	17	56	82.35	B
12	26	17	50	73.53	B
13	28	17	49	72.06	B
14	29	17	48	70.59	B
15	30	17	49	72.06	B
16	31	17	54	79.41	B
17	32	17	59	86.76	SB
18	33	17	59	86.76	SB
19	34	17	46	67.65	C
20	35	17	54	79.41	B
21	45	17	51	75.00	B
22	46	17	54	79.41	B
23	47	17	46	67.65	C
24	49	17	32	47.06	K
25	50	17	62	91.18	SB
26	51	17	60	88.24	SB
27	57	17	53	77.94	B
28	66	17	56	82.35	B
29	67	17	54	79.41	B
30	68	17	17	25.00	SK
31	71	17	50	73.53	B
32	75	17	58	85.29	SB
33	76	17	29	42.65	K
34	77	17	59	86.76	SB
35	79	17	56	82	B
36	81	17	57	83.82	B
37	82	17	59	86.76	B
Average			52.19	76.75	B

Table 2 data related to the description of the situation during the match shows the results of the questionnaire statement of the situation during the match, based on table 2 the highest score is shown in questionnaire number 50 (I will focus on getting points, rather than responding to the opponent's attack) namely f (score) 62 with a percentage of 91.18% in the very good category. While the lowest score was obtained by questionnaire number 68 (before time runs out, there is always a chance) namely f (score) 17 with a percentage of 25% in the very poor category. Based on the data in table 2 related to the description of the conditions during the match, it shows an average score of 55.19 with a percentage of 76.75% in the good category. So, the conditions during the match are external factors that also influence the athlete's emotions when competing against opponents.

Kumite Athlete's Emotional Interview During Competition

- a) Based on the answers about recognizing one's own emotions. The athletes' answers show that they have an awareness of their own emotions, which can be seen from the way they view what they will do when facing various actions during the match.
- b) Based on the answers about managing emotions. The athletes' answers show differences in how to deal with each other's emotions, but they all have something in common, namely knowing the emotions that will arise and knowing how to channel the emotions that arise so that the emotions flow in a positive direction and do not harm them or others when competing.
- c) Based on the answers about self-motivation. The athletes' answers show that self-motivation is an important point as an athlete, because motivation can encourage them to be able to refocus and be enthusiastic in competing. In addition, the motivation possessed by athletes makes them do their best when competing to win.
- d) Based on the answers about recognizing other people's emotions. The athletes' answers show that they have good sympathy, in the form of concern and a sense of openness to the response to the actions they receive. Athletes also have a sense of sportsmanship towards opponents and respect for the referee and judges on the tatami (field).
- e) Based on the answers about building relationships. The athletes' answers show that they can build and build relationships with all subjects in the match, such as opponents, referees, spectators and coaches. This can be seen from how they respond well to the various actions they receive in the match. Shows the results of hypothesis testing using Paired Sample t-Test. Table 3 shows the t value of the test for parental support with achievement motivation is 0.551, with a Sig value. (2-tailed) of 0.012, Based on the test results, the value of Sig. (2-tailed) <0.05 so that H0 is rejected, it can be concluded that there is a significant relationship between parental support and achievement motivation.

Emotional Observations of Kumite Athletes During Competition

The results of observations made in the study, where observations were made at matches attended by athletes. Researchers obtained results from observations that referred to three observed indicators, namely 1) emotional, 2) audience attitudes and 3) referee decisions. The description of the results of the researcher's observations can be described:

1. *Emotional Observations of Athlete:*
 - a. Athletes can manage their emotions well, even when they receive actions that can trigger their anger or actions that seem unfair.
 - b. Athletes with self-confidence can bring out their best abilities, these athletes appear to compete without any burden and look comfortable while competing.
 - c. Athletes can overcome difficult situations that occur, such as when the score is behind the athlete remains calm and catches up. When the points are ahead, the athlete remains focused.
2. *Audience Attitude.* Every support from the audience is responded well by the athlete. The response is seen when the audience gives support to the athlete concerned, the athlete seems to get additional strength that makes him more

confident when competing. The athlete's confidence is seen from his appearance when competing.

3. *Referee's Decision*. Athletes respect all referee decisions, even though the decisions made by the referee sometimes seem inappropriate, athletes still respect these decisions by not doing things that show inappropriate behavior.

DISCUSSION

Karate athletes in the kumite event when competing are influenced by factors that cause changes in the abilities displayed by athletes. As is known, the kumite event is a body contact event, therefore in the kumite event the role of emotions from athletes is very important because emotions tend to provide encouragement to take action and these actions can be positive or negative (Gooleman, 2007). When competing, athletes get various responses that cause changes in their emotional condition (Fallis, 2013). A person's emotional state can influence and support physical performance/appearance in a match/exercise and how the role of training can affect the development of psychological aspects of an athlete (Herman, 2011). Based on the results of data processing and expert opinions, it shows that karate athletes when competing in the kumite event are influenced by emotions that come from themselves as a form of response to their own feelings of stimulation that are felt when competing. In addition to emotions, there are other factors that influence athletes, namely factors that come from actions or stimuli given by opponents when fighting, referee decisions while leading the match, instructions given by the coach while accompanying the match and support or attitudes of the audience shown to athletes.

A match is an *event* that has its own aura for an athlete, because in a match athletes are required to show their best abilities in order to achieve victory (Z. Maulana & Khairani, 2017). The demand to show the best abilities is what can affect the emotional condition of athletes, besides the nature of the kumite match which is *body contact* is also another aspect that athletes must face. This creates various feelings experienced by athletes. When competing, athletes receive various stimuli from the athlete's own feelings, opponents, referees, spectators and coaches. This often tends to make changes in the athlete's emotions that affect their abilities when competing. Good emotional control can provide a good emotional response, because someone will be better able to direct what is felt to something positive and can benefit themselves (Fatah, 2017). Based on the results of data processing and expert opinions, it shows that athletes have their own way of controlling emotions that arise as a result of the stimuli/actions they receive when competing. Athletes realize that they need to do this emotional control so that they stay focused during the match.

CONCLUSION

Based on the results of the study on the emotions of karate athletes in the kumite category during the match, it was concluded that there are factors that influence karate athletes in the kumite category during the match. These factors are emotional which are internal factors that arise from the feelings felt by the athlete himself, in addition there are external factors in the form of actions or stimuli obtained by athletes from coaches, spectators/ supporters, opponents and referees. In addition to showing the factors that influence athletes during the match, this study also shows that there are different ways for each athlete to control their emotions during the match. Although

the methods used to control their emotions are different, the initial steps for athletes in controlling their emotions are the same, namely recognizing the emotions that can arise when receiving stimulation.

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CONFLICT OF INTEREST

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