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**BIBLIOMETRIC ANALYSIS OF SELF-CONFIDENCE IN SPORTS
ACTIVITIES BASED ON SCOPUS-INDEXED SCIENTIFIC
ARTICLES (2010–2024)**

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Abstrak

This study aims to map to analyze the development of research and find future research ideas related to the study of sports psychology and self-confidence in sports in students of the master's program in sports using bibliometric analysis methods. The sampling technique used was a total sampling of 413 article titles from the 2014 to May 2024 publication year which was selected from 413 titles obtained from the Scopus page. Samples were collected using the Comma Separated Value (CSV) format. This research was conducted using a bibliometric analysis method using the VOSviewer application. From 413 titles, 162 keywords were obtained with a minimum of 5 occurrence criteria and produced 8 mapping clusters. The mapping results show that self-confidence is a topic of articles that is quite often used in journals and articles. The results of the analysis recommend ideas for future research such as self-confidence studies in sports in athletes, the general public, students, students to the elderly or the development of fields related to sports in athletes in various phases of training, try out to the level of matches at the regional and international levels.

Keyword : *Bibliometric Analysis, Self-Confidence, Sports*

INTRODUCTION

Self-confidence is defined as self-confidence which is a strong belief in a person's strength, ability, or capacity. Self-confidence comes from the word "Self-confidence" in English and refers to a person's belief in their own abilities and potential. This belief includes the belief that a person is able to face difficulties, achieve goals, and overcome difficulties on their own without relying on the help of others. Athletes with high confidence can control themselves well, but athletes with low self-confidence easily feel anxiety (Nisa K, 2021). Confidence is a person's ability to believe in their potential so that they are not easily influenced by others (Ghufron, 2010). The person who is not aware that lack of confidence can lead to great difficulty in carrying out daily activities, such as exercising. Self-confidence is almost always considered something natural and cannot be controlled by athletes. It is considered that the only way to increase confidence is to win in a few matches. Self-confidence is one of the most important mental aspects in sports (Mylsidayu et al., 2016). Self-confidence is a belief that a person has in his or her

abilities and values, which includes positive beliefs about a person's personal abilities, skills, and potential. These beliefs influence the way a person thinks, feels, and acts in various aspects of their lives. Strong ¹⁹self-confidence can have a positive impact on many aspects of a person's life. Confident people are better able to overcome stress, failure, or obstacles with a positive attitude and persevere in the face of challenges. Self-confidence can also help in interacting with others more confidently, building healthy relationships, and communicating well (Parahita and Jannah, 2022).

A study conducted by Sin found that an athlete's confidence is essential to achieve success in a match, and mental confidence and provides a strong boost to be confident in performing gestures (Sin, 2017). The science of motion in sports can be studied in the discipline of biomechanics (Maharani et al., 2024). To improve an athlete's ability, sports psychology is important. All of this cannot be separated from emotional intelligence, which consists of self-confidence. ¹⁸An athlete who has high confidence and is motivated to excel will always be optimistic and think positively that he is capable of doing what he can (Agus and Fahrizqi, 2020) The understanding of self-confidence needs to be chosen in two ways, namely worldwide self-confidence and self-confidence in certain situations (circumstance particular self-confidence). Worldwide confidence is more likely to arise because of an inherent aspect of personality or tendencies. A person who seems confident in a worldwide situation, does not necessarily appear confident in a sports situation (Cox, 2007). Vealey and Knight created a model of self-confidence in sports that consists of three dimensions: ¹⁶Physical skills and training, which is the athlete's level of confidence that he or she has the physical skills and proficiency necessary to achieve success. By definition, Cognitive Efficiency is an athlete's level of confidence that he or she has the ability to focus, maintain concentration, and make the right decisions to achieve success. Resilience, known as tenacity, is an athlete's belief that he or she is able to regain focus after making mistakes, be able bounce back after a poor performance, and be able to overcome difficulties and difficulties to achieve success (Horn, 2008).

Confidence in sports (wear certainty) is what is applied in sports. ¹³ Self-confidence has been identified as a very important factor in sports performance (Hays et al., 2007). In this case, bibliometric analysis is a mathematical method used to analyze scientific documents as an effort in the process of communication related to aspects and characteristics of the document. Confidence is a foundation that is built along with the development of motivation in various aspects in the world of sports. This can be built into an important aspect, especially for professional athletes who face various international competitions. Without confidence in an athlete, he will have difficulty adapting to certain situations, this condition requires good confidence to support the aspects that have been applied to get good results. Self-confidence is a very relevant topic and is often used in the preparation of scientific papers, articles and theses for graduates in the field of sports. Although there have been many research topics on confidence in sports in Indonesia, based on bibliometrics on this topic there is still not much development in the field of sports, especially in professional or elite athletes. Bibliometrics as one of the sciences that studies and studies statistics in literature and information used as an evaluation tool and analysis results produced through mathematical research. Using mathematical formulas and statistical methods, this bibliometric study can measure research in the field of sports science. One branch of science, bibliometrics, can provide the results of analysis and evaluation of research fields that can be useful to many people.

Bibliography comes from the word biblio, which means book, and measurements, which means to measure. Bibliometrics is defined as measuring or analyzing books or literature using the mathematical and statistical approach of Diodato (1994) in (Royani Yupi, 2018). This is in line with Shah 2016 who stated that bibliometric analysis is an analytical method that involves collecting, calculating, analyzing, and interpreting citations from various literature to identify significant sources of information. Research mapping in the field of bibliometrics is reviewed from the pattern of relationships between documents based on co-occurrence is an analysis method that involves collection, calculation, analysis, and interpretation. In this case, bibliometric analysis is a mathematical method applied

to analyze scientific documents as an effort in the communication process related to aspects and characteristics of documents (Aulia and Rusli, n.d.). In the research conducted, bibliometric analysis functions to map the development of research in the field of sports psychology in the study of self-confidence in sports activities from 2014 to May 2024. In writing an article or journal, the research topic is the most important part because the topic will be the basis for thinking to take the next action, namely the research topic is a mirror or identity of the idea and all thoughts are expressed in the form of writing. A topic can be defined as an overview of the content or writing, although sometimes the writer can change the title after the writing is finished, to adjust to the development of the content. In the article, self-confidence in sports is closely related to anyone who carries out sports activities, especially athletes. This further shows that there are many ¹⁰ problems related to the field of sports psychology which means that ¹⁰ this needs to be studied and researched in ¹⁰ more depth. The software that is often used in bibliometric research is VOSviewer, to visualize or map research data based on the available network. To visualize or map research data, software is needed to synchronize the network as needed. Articles and journal collections obtained on the scopus page from 2014 to May 2024 as data that are ⁶ downloaded and then processed in such a way based on the algorithm that has been planted on the device.

Keywords or terms that appear as research themes are extracted from the title and abstract of a publication or can also be taken from the keywords provided by the author in proceedings, articles, and other scientific works. If two keywords or terms are generated from the VOSviewer visualization output, it means that both keywords appear simultaneously in publications in the imported meta data, either in the title, abstract, or keyword list. These keywords are interpreted as research topics or themes. Based on the analysis above, it can be concluded that self-confidence is one of the important factors in sports activities education, society, and achievement. Therefore, self-confidence is still needed to develop every knowledge to get new research that can support the needs of sports in Indonesia. Especially in facing matches for sportsmen or athletes. Therefore, the methods applied in this

article can help readers expand their ideas and increase their knowledge about future research.

METHOD

¹⁷The method used in this study is the bibliometric method. Bibliometric analysis is a type of research that aims to map a large amount of bibliometric data to provide an overview of research developments in a field of study and emerging research trends (Donthu et al., 2021). ¹⁴Bibliometric analysis is a systematic study that uses the scientific literature to find ¹patterns, trends, and impacts within a specific field. Data collection from relevant databases, data cleansing and refinement, and subjecting data to various bibliometric methods are important steps in the creation of relevant information. Increasingly used in research, ¹bibliometric analysis is an increasingly popular and thorough technique for examining and assessing large amounts of scientific data. In this article, the bibliometric methodology is discussed thoroughly, with special emphasis on its various methods (Passas, 2024). This research was carried out for a period of 3 months starting in the third week of March until the end of the 2nd week in June 2024 to obtain relevant research results. The population of this article is the whole obtained using the scopus page and processed with VOSviewers who have produced a total of 413 articles and journals. All databases taken hold all metadata of self-confidence articles in sports activities which can be a source of bibliographic information in this study. The second stage of loading and converting information, at this stage the researcher converts the information into a suitable arrangement and is available in the VOSviewer application version 1.6.18, namely organize Comma Isolated Esteem (CSV). This has a great influence on research, the bibliometric method shows in handling huge scientific data. ¹⁵This popularity is influenced by a number of variables, ¹such as the development, accessibility, and availability of bibliometric tools such as R and VOSviewer, as well as scientific databases such as Google Scholar, Scopus, and Web of Science. Bibliometric methodology from data to operational research that raises ideas broadly.

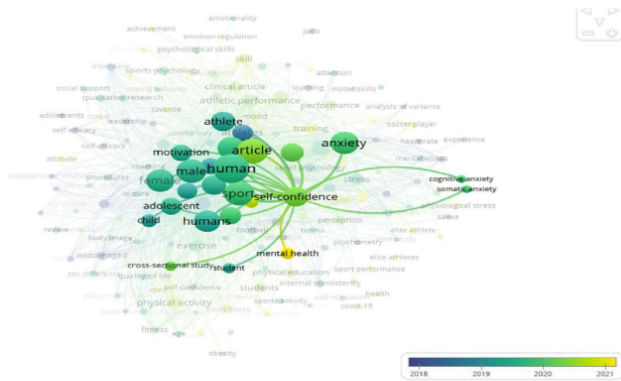


Figure 2. Overlay Visualization (VOSviewers)

The picture above, it can be seen on various themes of articles and journals. The picture so shows a network diagram that illustrates the relationship between self-confidence and exercise. The thing that can be noticed is the color on each topic written on the image, the lighter the color in the circle, the more the research is published in the younger year. While more intense colors describe previous research or previous research. So based on the resulting images, you can choose potential trends in a future study.

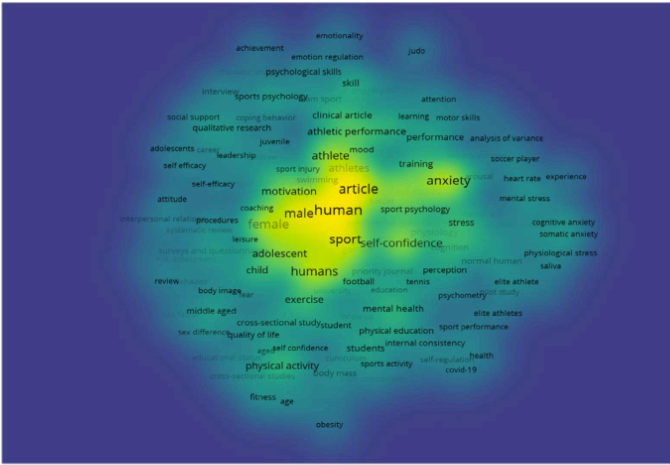


Figure 3. Density Visualization (VOSviewers)

Density Visualization analysis refers to various concentrations of keywords in the article and journal. Articles on the topic of self-confidence have been researched extensively, but this is broad and a wide variety of topics are almost evenly distributed. However, from the results that can be concluded at this time, self-confidence can also be developed in measurable and priority sports in Indonesia in particular. This can be a reference and topic that can be researched as a scientific reference in psychology, sports and information in society.

The relationship between terms in the image in a network will be interconnected Nurhanifa (2024) Mapping provides a specific **picture of the structure of the bibliometric network, while** grouping provides an understanding of categories or groups. Keywords or phrases that are often used can be visualized in Figure 1 which appear more in a larger circle (Wibowo and Adriani Salim, 2022). Overlay visualization is used to find out research on a limited topic and increase in a short period of time (Nees Jan Van Eck and L Waltman, 2019). The brighter the colors on the overlay visualization, the clearer it is that the information comes from the latest research published on the Scopus website. so it can be observed that the darker the color shown, the research is included in the category of publications with a maximum age limit on the search carried out (Aribowo, 2019). Based on figure 2, it is known that the latest research published and indexed on the scopus page is an article related to the topic broadly in various samples, but sports activities can be developed in depth, especially in athletes in Indonesia. Based on Figure 3, the keywords "Self-confidence and exercise that stand out compared to other keywords can show that research on this subject has been conducted significantly. Meanwhile, (Nees Jan Van Eck and L Waltman, 2019) keywords with fading colors mean that the topic is still rarely researched in (Millenia and Sunarti, 2022). Keywords with almost invisible colors are shown in "psychology, skill and sport activity", meaning that the topic if researched is likely to produce a high oddity. Figure 3 shows various sets of keywords that can be updated to determine priority sports in Indonesia. It can be used as a reference to build a foundation for a professional or elite athlete to achieve achievements with the methods offered by the scientific field of sports psychology.

²¹Based on the results of research and data analysis on all articles and journals on the topic of self-confidence in sports activities in 2014 until May 2024, it can be concluded that there were 413 articles and journals with the highest publications in 2019 and the lowest in 2014. From these acquisitions, there are three visualization views, namely the network visualization display (arrange) that will ⁵show the network between the visualized terms, the ⁵overlay visualization that will show the traces of the research history, and the ⁵density visualization (thickness) which will show the density (emphasis) in the research group and can be used to see the part of the research that is still rarely done. With the results obtained, the trend of self-confidence research decreased in 2020 and slowly increased in 2021. This can be related to the existence of the Covid-19 pandemic around the world, and can be one of the decreases in the level of confidence of a person or even a group in carrying out community sports activities to the price of achievements. However, the trend of the research again shows an increase as in 2019, it will be able to be an increase in the research because of several factors and the lifestyle of the people to the interest and enthusiasm in various sports activities that are increasing.

²CONCLUSION

Conclusions describe the answers to the hypothesis and / or research objectives or scientific findings obtained. The conclusion does not contain an iteration of the results and discussion, but rather a summary of the findings as expected in the goal or hypothesis. If necessary, at the end of the conclusion can also be written about the things that will be done in relation to further ideas from the research. ⁹Cite the work of individuals whose ideas, theories, or research have directly influenced your work. All references must be cited in the body text of this document and the list of references must include all literature cited using APA Style 6th Edition. ⁸Additional reference examples can be found on the APA Style website (<http://www.apastyle.org>).

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